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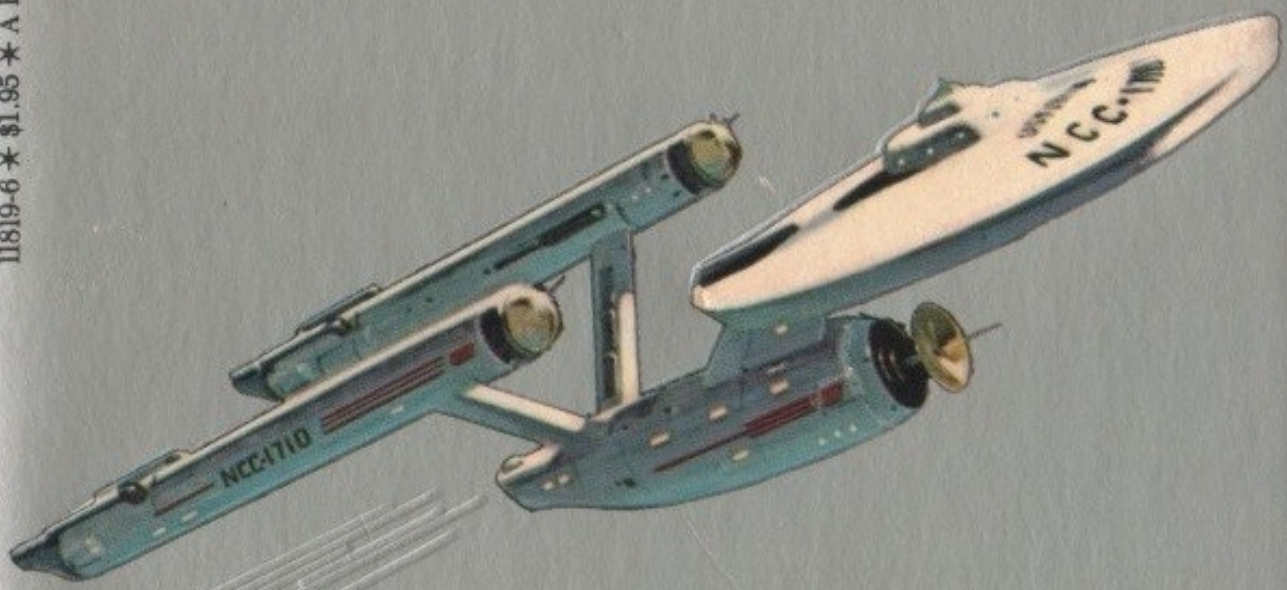

OFFICIAL

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COMPILED BY MARY ANN PICCARD
FROM THE LOGBOOK OF NURSE CHRISTINE CHAPEL

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COMPILED BY
MARY ANN PICCARD

FROM THE LOGBOOK OF
NURSE CHRISTINE CHAPEL

BANTAM BOOKS
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OFFICIAL STAR TREK™ COOKING MANUAL
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TABLE OF CONTENTS

EDITORS' INTRODUCTION ix

INTRODUCTION x

FEDERATION 1
- Chopped Chicken Livers 2
- Iotian Risotto (Rice with Cheese and Mushrooms) 4
- Dohlman Chicken (Crisp Fried Chicken) 5
- Quadrotriticale Bread (Cornmeal-Rye Bread) 7
- Argelian Delight (Butterscotch-Cheese Pie) 9
- Miramanee's Pemmican Pie (Mincemeat Pie) 12
- Diplomat Pudding (Lemon Bread Pudding) 15

VULCAN 17
- Barkaya Marak (Cream of Spinach Soup) 20
- Pri Tarmeeli (Vegetarian Curry) 21
- Cooked Rice 22
- Accompaniments (for Pri Tarmeeli) 23
- Ameelah (Fried Bananas) 23
- Pirmah (Strawberry Toast) 24
- Prusah Kisan (Custard Fruit Pie) 25
- Tufeen Hushani (Vulcan Wedding Cake: Carrot Cake) 27
- Sheekuya Na'Na (Orange-Mint Iced Tea) 30

ROMULANS 32
- Jus Senatus (Lentil Soup) 33
- Daps Centurionis (Lamb and Lentils) 34
- Tayleea Cheecha (Meat and Fruit Stew) 36
- Acetaria (Legume Salad) 37
- Vix Vivax (Raisin-Walnut Bread) 38

Oryza Egregia (Baked Rice Pudding) 41
Criniti (Spice Cookies) 42
Romulan Lucernae (Tangerine Lamps) 44

KLINGONS 46
Kiros Kai Faki (Pigs' Feet and Pea Soup) 49
Ooruni Kapiki (Pork and Sauerkraut Goulash) 51
Gargara Dakria (Onion Pie) 52
Seetos Lagon (Potato Salad) 53
Lakana (Cabbage Salad) 54
Aaktay (Steamed Bread) 55
Berena (Gingerbread) 58

CAPTAIN KIRK 60
The Goulash Next-Door 61
Steak 63
Deviled Potatoes (Stuffed Baked Potatoes) 64
Corn Pudding 65
The Tribble's Banquet (Captain Kirk's Chicken Sandwich) 66
Harvest Pumpkin Bread (Steamed Pumpkin Bread) 68
Oskaloosa Log (Walnut Cheese Spread) 70
Raspberry Shortcake 71
Schwarzwalder Torte (Chocolate Cake with Whipped Cream Frosting) 73

MR. SPOCK 78
Plomeek Soup (Orange Vegetable Soup) 79
Keekar Yarok (Cheese-Spinach Loaf in a Pastry Shell) 80
Tabsheel (Potatoes and Cheese) 83
Yorakar (Cracked Wheat and Vegetable Salad) 84
Shumar (Fennel Au Gratin) 85
Tsamah Tanoor (Braided Egg Bread) 86
Khabitah (Apple Omelet) 89
Ha Rageel (Carrot Loaf) 90
Perach Kisan (Custard Fruit Pie) 91

DR. McCOY 94
Georgia Chicken Pie 94
Southern Fried Chicken 97
Country Captain (Spicy Chicken with Rice) 98
Red Beans and Rice (Kidney Bean Stew with Rice) 100
Beans 'N Bacon (Southern-Style Green Beans) 101

Plantation Rice (Rice Pilaf) 102
Spoon Bread (Soft Corn Bread) 103
Pecan Pie 105
Peach Upside-Down Cake 107

ENGINEERING OFFICER SCOTT (SCOTTY) 108
Scots Broth 108
Chicken Stovies (Stewed Chicken) 109
Haggis (Stuffed Sheep's Paunch) 110
Pot Haggis (Sheep's Liver and Oatmeal Pudding) 113
Clapshot (Mashed Turnips and Potatoes) 115
Colcannon (Potato and Cabbage Casserole) 116
Tomato and Sybo Salad (Tomato and Green Onion Salad) 117
Scots Shortbread 118
Cranachan or Cream Crowdie (Scottish Berries and Cream) 119
Dundee Cake (Fruitcake) 120
Saurian Brandy 122

HELMSMAN SULU 124
Tori Nanban (Chicken Noodle Soup) 125
Sulu's Lemon Chicken 126
Chinese Walnut Chicken 127
Nasi Goreng (Indonesian Curried Rice) 128
Snow Peas and Mushrooms 131
Japanese Pickled Mushrooms 132
Hazelnut Cake 133
Fortune Cookies 136

ENSIGN CHEKOV 140
Borzoi Borscht (Beet Soup) 140
Golubtsi (Cabbage Rolls) 141
Beef Stroganov 144
Tovuk Palov (Chicken Pilaf, Uzbek Style) 145
Uzbek Vegetables 146
Uzbek Onion Bread 147
Piroshki (Small Beef or Mushroom Pies) 148
Mazurek (Orange-Nut Torte) 151
Kissel (Fruit Pudding) 153

LIEUTENANT UHURA 155
Supu Ya Kiazi (Yam Soup) 155
Nyama Ya Kitunguu (Beef with Onion Sauce) 157

Mchuzi Wa Nanasi (Curried Beef with Pineapple) 158
Achali Ya Tunda (Apple-Pineapple Chutney) 160
Jollof Rice (Chicken with Rice in a Spicy Tomato Sauce) 161
Mahindi Kama Kilimanjaro (Corn, Kilimanjaro-style) 162
Mchicha Na Makaranga (Spinach with Peanuts) 164
Wali Ya Kimanjano (Yellow Rice) 164
Vikaimati (Banana Fritters) 167
Mikate Mitamu (Sweet Rice Cakes) 168

NURSE CHAPEL 170
Ardana Aspic (Chicken Salad Mold) 170
Fondue Neuchateloise (Swiss Cheese Fondue) 172
Sunday Supper Pancakes (Lemon-Cheese Pancakes) 175
Libran Marinated Mushrooms 177
Floating Island (Custard with Meringue) 178
Kaferian Apple Pie 181

APPENDIX 183
Lima Beans and Ham (Gene and Majel Roddenberry) 183
Green Noodle Casserole (William Shatner) 185
Potatoes La Jolla Chez Jay (Leonard Nimoy) 186
Grits McCoy (De Forest Kelley) 187
Chicken Lasagna or White Lasagna (James Doohan) 188
Drunken Seafood (George Takei) 190
Piroshki ((Walter Koenig) 191
Salad Surprise (Nichelle Nichols) 192

ACKNOWLEDGMENTS 197

INDEX 199

EDITORS' INTRODUCTION

A couple of years ago, I was dragooned into attending a Star Trek Convention with my two sons, who had become fascinated with the series. (They had an easy job of it, because I had also been watching.) While I was there, I noticed that the people attending were by and large very gregarious and friendly. They were interested in discussing the show and sharing with each other their varied opinions. It struck me at the time, that it would be fun to make up a cookbook full of things which they could use when entertaining fellow fans. So I set about gathering things which would be suitable for Captain Kirk, or Spock, or Scotty, or even the Klingons or Romulans.

I was in the library one day, looking through exotic recipes when I noticed a rather small book which I had never seen before. It was beautifully bound in a red cover, luminous with flecks of gold. I wondered about the cover—it was so different from all the rest of the materials used for book covers. I took the book from the shelf, and looked at it. To my great surprise, it contained recipes attributed to Captain Kirk, Spock and all the rest. I thought then that someone else had already done what I wanted to do, so I decided to sign it out and have a good look at it. When I took it to the checkout desk, the librarian vehemently denied ownership of it, and maintained that I had brought it in with me. Not wanting to argue, I took it home with me.

When I got home, I looked it over very carefully. The copyright date was given as Stardate 6877.5, which is something over two hundred years in our future, going by the TV series. Where did it fit, and how had that book got into the library? Reading it produced the most concentrated, encompassing sense of déjà vu that I've ever had; the book was written by Nurse Chapel, about people who have been to us only characters in a play, but who were obviously real working companions to her. Some colossal suggestion must have taken place for the TV series to have appeared in our time, duplicating in such detail the reality of a future more than 200 years hence.

When the realization finally sank in, that I had somehow come into possession of a book written in the future, I quickly had it photocopied. My family and I examined the book in detail. The type in which it had been set was just a little different from any we could find in sample books, and the pages were not made of paper. My husband decided to have a chemical analysis made of the materials in it, and put it in his briefcase to take along to the lab the next morning. Soon after he got to work that day, I got a frantic call—the book had disappeared. Had I taken it out, perhaps, to check on some detail? I hadn't, and we could find no trace of the book, nor could we explain what became of it. Fortunately, the photocopy was still in the file where I had put it, so we can share with you Nurse Chapel's collection of recipes, many of them from places we know only as names. We are just the editors; the book is hers, except for the last chapter which includes favorites from the actors in the TV series "Star Trek," and from its creator, Gene Roddenberry.

Enjoy it! It is indeed a unique collection.

INTRODUCTION

I've had many requests from friends for recipes from places that I've visited while on duty aboard the Enterprise. Just answering these requests has come to mean a lot of writing, and has taken up a good bit of my allotted share of personal communications time on subspace radio. So, to forestall further requests and to simplify things a bit for myself, I shall take you on a culinary odyssey through the known and not so well-known parts of our galaxy. Perhaps this way, each of you will get the recipes you asked for—and a bit more besides. Hopefully, by sharing with you these off-world recipes, as well as some of the favorites of the bridge crew, and some of my own, I can share with you also a bit of the flavor of life aboard the Enterprise.

Being aboard her is exciting, fascinating, exhilarating, an intellectual challenge, hard rewarding work, and . . . well, none of these *all* the time. There are ups and downs, and quiet lulls between bouts of fierce activity, when all of us now and again can find time to pursue our favorite interests. My duties as Dr. McCoy's Medical Assistant and Chief Nurse include those of ship's dietitian, so my hobby of recipe collecting fits in very neatly.

We have a fully automated food synthesizer in place of the old traditional ship's galley, and it works with somewhat different raw materials than the ordinary at-home cook uses; in fact these basic food building blocks, while available in quantity to Star Fleet, are hardly what you buy in your neighborhood market. Mr. Sulu, with his interest in botany, is a great deal of help to the hydroponics team in

providing what might be called colloquially the icing on the cake, or a wee bit of extra spice and variety to our diet.

Just as the lighting aboard ship is arranged to simulate the diurnal cycle, so the produce of the hydroponics unit is arranged to approximately follow the cycle of seasons. This lends substance to the passage of time, and a sense of reality to the holidays celebrated aboard ship. For instance, we can have pumpkins for pie at Thanksgiving, or fresh fargon root tea at the Feast of Tai Q'Wan, and even Antarean pomegranates for the Honor Day of Nephi. We have a variety of greens and berries in the spring, and a progression of fruits and vegetables through the summer right on to fall again.

Fortunately, with our knowledge of plant hormones and nutrient requirements, we are able to get abundant crops from a minimum of space devoted to such "gardening." There are some things grown year-round, not so much from a need to fulfill nutritional requirements, as from the necessity of providing the crew with a pleasant environment.

Most of the recipes I will give you here were easily come by; a polite request to a gracious host or hostess, or a request to one or another of the diplomatic corps; these netted us a great variety of delicacies. More difficult was persuading an innkeeper to divulge his secrets. It was predictable that we should finally get some Romulan recipes; after all, there are and have been sporadic diplomatic relations between the Federation and the Romulan Empire, and Mr. Spock did spend some time in the company of a Romulan Commander being "entertained" as part of a ruse to get the Romulans' secret cloaking device. But that we should eventually chance on a collection of Klingon recipes was the purest of luck; I'll tell you the story later.

The recipes as they are used aboard ship would be of little use to you directly—they are programs for the synthesizer and appear in computer

language. I thought perhaps you might like to see what they look like, so I have included one here. Those of you with access to a computer should be able to figure out what Dr. McCoy's favorite dish is.

SYNTHESIZER ALGORITHM FOR DR. McCOY'S FAVORITE DISH:

(This program can be modified to run on almost any computer which handles Fortran IV by changing one statement. The variable IOUT must be set equal to the logical unit number of the output device on which the report is to be written.)

```
C       CHANGE THE STATEMENT IOUT=5 TO IOUT=THE
C     NUMBER OF THE APPROPRIATE OUTPUT DEVICE FOR
C     THE COMPUTER ON WHICH THE PROGRAM IS TO BE
C     RUN.....
      DOUBLE PRECISION RECIP,BAKED
      DIMENSION FOOD(15),DISH(15),PAN(15),
     1 FRYER(15),WAFFL(15)
      COMMON/MEATS/FOOD,DISH,PAN,FRYER,WAFFL
      DATA FOOD/'S','I','H','T',' ','M','A','R',
     *          'G','O','R','P',' ','S','I'/
      DATA DISH/'N','E','T','T','I','R','W',' ',
     *          'N','I',' ','A','T','A','D'/
      DATA PAN/'L','A','R','E','N','E','G',' ',
     *          'N','A','R','T','R','O','F'/
      DATA FRYER/'V','I',' ','T','I',' ','Y','A',
     *          'M',' ','N','U','R',' ','N'/
      DATA WAFFL/'O',' ','K','N','U','J',' ','S',
     *          'E','N','I','H','C','A','M'/
      IOUT=5
      WRITE(IOUT,007),FOOD(1),WAFFL(3),DISH(2),
     1 FOOD(12),DISH(3),FRYER(2),WAFFL(13)
  007 FORMAT(2X,///,5X,20A2)
      BAKED=DBLE(5.)
      RECIP=DBLE(71.)/DBLE(113.)
      RECIP=RECIP*BAKED
      WRITE(IOUT,73)WAFFL(13),FOOD(3),DISH(10),
     1 WAFFL(13),WAFFL(3),PAN(6),WAFFL(4),RECIP
   73 FORMAT(2X,///,5X,7A2,F12.6)
      WRITE(IOUT,007)DISH(2),PAN(5),WAFFL(6),
     1 FOOD(10),FRYER(7),WAFFL(2),DISH(10),
     1 FRYER(4),FOOD(5),WAFFL(11),DISH(1),PAN(8)
      WRITE(IOUT,007)PAN(7),WAFFL(1),PAN(14),
     1 DISH(15),FRYER(6),FOOD(3),WAFFL(9),
     1 FRYER(8),PAN(1),DISH(4),WAFFL(12)
      STOP
      END
```

I hope you will enjoy using the recipes as much as I have enjoyed gathering them. Come join us on our star trek and try with us new and delightful foods, as prepared in the many havens of our galaxy.

Christine Chapel.

Official STAR TREK™ Cooking Manual

FEDERATION

I used to think of the Federation as an outgrowth and development of the federal republic of the United States, just as I used to think of the United States as resulting from the Plymouth Rock Puritans and their Massachusetts Bay Colony. I was still in school when I learned that Jamestown was older; and I narrowly avoided being offensive to Mr. Spock when the realization finally sank in that Vulcan had had an advanced civilization long before my own ancestors. We had, of course, learned the dates in school, but they had been just numbers, and early misconceptions are often very hard to outgrow.

Sometimes I like to think of the Federation as one great and all-encompassing civilization, very wise and idealistic, with none of the power-hungry crudeness of the Romulans, nor any of the underhanded, selfish duplicity of the Klingons. Perhaps I like to exaggerate. Anyway, the Federation certainly is big and varied. Its very diversity is its greatest challenge, as well as its greatest strength.

There are many fine traditional dishes from my own home country that I have not included in this book, such as Boston codfish cakes and tamales from Alamagordo. It would have been quite impossible to include all the fine dishes from all over the Federation, even if this book contained nothing else. I have, instead, tried to give an interesting sampling of both style and region. Often the choice was close and difficult. For example, one festive dish I could

have taken from the Northern American Woodlands Indians of 500 years ago, or in slightly different form, from the British of the same period; but the version I have chosen to give you comes from a far distant Federation protectorate, Miramanee's Planet.

CHOPPED CHICKEN LIVERS

While Ambassador Robert Fox was with us on the venture that nearly precipitated, and finally prevented, an Armageddon-type showdown between Eminiar and Vendikar, he and I got to talking one afternoon about the hors d'oeuvres that are served at diplomatic functions. I expressed the naive view that they represent the lowest level to which good cooking can degenetrate. I always regarded them as "junk food."

I was a little shocked at the depth of my misconception as he explained the facts to me: When you have a complicated negotiation with some aspects of the problem "difficult" for each participant, any human failing which irritates a man can distract his attention from some critical nuance of the discussion. It is of utmost importance that the tables or trays be loaded with "little nothings" that will keep their mouths happy without having the opposite effect on their inner parts. It is even important in long negotiations that these "nothings," which will make up such a large part of the functionaries' food intake, actually be good nourishing food.

He felt so strongly about it that I decided that one hors d'oeuvre must be better than another, and that though variety is undoubtedly essential, the Ambassador himself had to have a favorite. I was right, and here it is. With crackers it makes appetizers for about 12 people.

What you need:

INGREDIENTS:

¼ cup chicken fat (buy 1 pound raw fat)
⅓ cup chicken cracklings (obtained from rendering 1 pound chicken fat)
3 good-sized onions, chopped (about 3 to 3½ cups)
1 pound chicken livers, cut into pieces
2 teaspoons salt
3 hard-boiled eggs
¼ teaspoon freshly ground black pepper

UTENSILS:

10-inch frypan
Blender
Small mixing bowl
Strainer

What to do:

Cut the pound of raw chicken fat into ¼-inch chunks. Put the fat into the frypan and cook over medium heat (325°F. to 350°F. on a thermostat burner) until the cracklings are golden brown. Strain it into a jar and reserve the cracklings—there should be about ⅓ cup of small crisp bits. Measure ¼ cup chicken fat and put it back into the pan.

Heat and fry the onions in it until they are soft and golden. Add the chicken livers and cook until they are no longer pink. Do not overcook.

Remove from the heat, and add the cracklings, salt, pepper and 2 peeled, chopped, hard-boiled eggs (see page 96). Stir to mix and put half the mixture in the blender. Blend until smooth, scrape it out into the mixing bowl and repeat with the other half of the mixture.

Scrape out the blender thoroughly and stir the two batches together. Mound it up on a small serving dish or in a bowl. Garnish with sieved egg. (Peel and chop the third hard-boiled egg and put it through the strainer with the back of the spoon. Hold the strainer over the dish of chicken liver paste while you do this.) Serve as a spread for whole wheat wafers or other crackers.

IOTIAN RISOTTO

(Rice with Cheese and Mushrooms)

Captain Kirk's first visit to the Iotians came at a particularly turbulent time in their gang wars, so he saw nothing of their family life. When he returned a year later with Isak Wharton, a Federation economist, to supervise the reinvestment of the Federation's "cut," the situation was already much improved, and life was more relaxed. When Angela Oxmyx had the Captain, Wharton and the Krackos over for dinner, this is one of the things she served. There should be enough for 6 to 8 people.

What you need:

INGREDIENTS:

- 4 tablespoons chicken fat or butter
- 2½ cups chopped onion
- 2½ cups raw long-grain rice
- 1 cup dry white wine
- 5 cups liquid (1 [10¾ ounce] can concentrated chicken broth plus water)
- 1½ teaspoons salt
- ½ pound Swiss cheese, grated
- 2 tablespoons butter
- 1 (7-ounce) can chanterelle mushrooms, or ½ pound fresh mushrooms
- 2 tablespoons chopped parsley

UTENSILS:

- 4-quart pot with lid
- Grater
- 2-quart saucepan with lid

What to do:

Melt the chicken fat in the pot and fry the onions in it until they are golden. Add the rice, stirring until it is well coated with fat. Add the white wine, water-broth mixture and salt. Bring to a boil, cover and simmer until the rice is tender. The liquid will be absorbed, but the rice will not be dry and fluffy.

Cooking time from when the rice starts to boil until it is tender should be about 20 minutes.

Add the Swiss cheese, stirring to mix it in well and to melt it. Take the pot off the heat and set aside, covered.

Melt the butter in the saucepan and add the drained chanterelle mushrooms. Cook them a few minutes until they are thoroughly hot. Do not brown them. If you are using fresh mushrooms, wash, slice and add to the hot butter. Cook until they are soft, perhaps 5 minutes, with the lid on the pan.

Put the cooked rice in a large bowl, sprinkle the chopped parsley over it and then pour the mushrooms over all. Serve immediately.

DOHLMAN CHICKEN

(Crisp Fried Chicken)

When this was served on the Enterprise, it was served with finger bowls and napkins. But I have it on good authority that in the Dohlman's castle on Elas, there were rushes on the floor, and huge, furry, black dogs ambling about the dining hall, which were used as walking napkins. This recipe serves 8 people.

What you need:

INGREDIENTS:

16 serving-sized chicken pieces (2 per person—thighs, drumsticks or breasts, but not wings)
2 cups cooking oil
Flour
2 or 3 eggs (1 beaten egg coats about 5 or 6 pieces of chicken)
Seasoned bread crumbs (see directions below)
Honey for dipping the fried chicken: 1 or 2 tablespoons per person, or ½ to 1 cup in all

UTENSILS:

2-quart saucepan, no more than 7 inches in diameter
3 small bowls for coating the chicken pieces
Meat grinder

What to do:

Put the chicken pieces in the saucepan, cover with water and bring to a boil. Simmer gently for 30 minutes, then remove from the heat. Strain the liquid into a bowl or jar to use later where chicken broth or stock is required. Spread the pieces of chicken out on several thicknesses of paper towels, or a clean terry cloth, to drain. Strain any remaining liquid into the bowl or jar.

Wash and dry the pan, pour in the oil and heat to about 375°F. Put about ¼ cup of flour in one bowl, beat 1 egg in another and put about ¼ cup of seasoned bread crumbs in the third. Replenish each as needed.

For seasoned bread crumbs, take 1 cup dry bread crumbs (run dry pieces of bread through meat grinder), 2 teaspoons salt, 1 teaspoon poultry seasoning, and ¼ teaspoon freshly ground black pepper.

Mix it all together thoroughly, and use. Store any extra in a covered jar.

Coat each piece of chicken with flour, then with beaten egg and finally with seasoned bread crumbs. Fry 3 or 4 pieces at a time, about 5 minutes to a side, until they are golden brown. If the pieces brown too fast, turn the heat down. Set at each place a custard cup with 1 to 2 tablespoons of honey in it.

Dohlman Chicken should be served with French-fried potatoes, French-fried onion rings, carrot and celery sticks, pickles, and olives—and no utensils. All eating should be done by hand, and all drinks should be served in their bottles.

QUADROTRITICALE BREAD

(Cornmeal-Rye Bread)

This bread is usually made with cooked coarsely milled quadrotriticale and quadrotriticale flour. The resulting loaves are substantial and delicious. For those who cannot readily obtain either the flour or the coarsely ground quadrotriticale, the following recipe offers a very close approximation. This recipe makes 3 medium loaves.

What you need:

INGREDIENTS:

- 1½ cups potato flakes (instant mashed potatoes)
- 4 cups boiling water
- 1 cup yellow cornmeal
- 2 cups cold water
- 2 tablespoons sugar
- ⅓ cup cooking oil
- 1 tablespoon salt
- 2 packages dry yeast mixed in ⅓ cup warm water with 1 teaspoon sugar added
- 5 to 6 cups medium rye flour
- 5 to 6 cups white flour
- 1 tablespoon caraway seeds (optional)
- A little extra cornmeal for kneading and shaping the loaves

UTENSILS:

- Large mixing bowl
- 2-quart saucepan
- 3 loaf pans, about 5 x 9 x 2¾ inches
- 2 containers, each of at least 5 cups capacity

What to do:

Put the potato flakes in the bowl, add 2 cups boiling water and mix well. Put the cornmeal in the saucepan, add the cold water and disperse it. Then add the remaining 2 cups boiling water and cook for a few minutes until you have thin cornmeal porridge. Add it to the mashed potato in the bowl. Add the 2 tablespoons sugar, oil and salt to the mixture. Let it cool to lukewarm.

Mix the yeast in the warm water with 1 teaspoon sugar and let stand a few minutes. Stir it again and add it to the contents of the bowl, mixing it in thoroughly.

Measure out 5 cups of medium rye flour and put it into a container, then measure out 5 cups of white flour and put it into the other container. Add flour to the dough in the bowl from each of the containers, about a cupful at a time, mixing well after each addition. Include the caraway seeds in the dough if you are using them. By the time you have added 5 cups of rye and 5 cups of white flour, the dough should be ready to knead, though perhaps still a little sticky.

Measure out another ½ cup each of rye and white flour and use a bit of each when you flour your kneading surface (tabletop, counter, board, etc.). Knead the dough by folding it over and pressing down hard with the heel of your hand until it appears fairly smooth. With all the cornmeal in the dough, it will not feel nearly so elastic as a plain flour dough.

Wash and grease the mixing bowl, put the dough back in it and rub the top of the dough with a little oil. Cover it with a damp cloth and set it in a warm place to rise. When it appears to be double in bulk, (the time depends on the yeast and the temperature, 2 hours is ordinary) flour the table again with the rye- white flour mixture, turn the dough out onto the table and punch it down (knead it until it is back to its original size).

Divide dough into 3 equal parts. Sprinkle a bit of cornmeal onto the table. Knead and shape each piece into a loaf. Grease the loaf pans, put a piece of dough in each, cover with a damp cloth and let rise until double in bulk. (This will usually take about one-half as long as the first rising, but it varies, so judge it by eye.) Preheat the oven to 350°F. and bake for about 50 to 60 minutes. The loaves should sound "hollow" when tapped.

Note: If you plan to keep this bread for more than a day, keep it in the refrigerator. It is very moist and therefore more susceptible to molds.

'ARGELIAN DELIGHT

(Butterscotch-Cheese Pie)

The pleasure-loving Argelians are fond of sweet, frothy desserts. Their hostelries offer a great variety of such to visitors and natives alike. Uhura and I sampled this one at the "Lion and the Unicorn." Both of us liked it, so Uhura decided to ask for the recipe. We were at first politely refused, the gist of the explanation being that, if we knew how to make it, we would no longer frequent the establishment, and worse yet, we might give it to one of his competitors.

We sat down with the master of the inn, and after solemnly promising not to divulge his trade secrets, we were able to strike a bargain with him. The fact that it would be published off-world did not seem to bother him; I suspect that he figured on having a new concoction for his culinary main attraction long before his recipe for this one ever got back to Argelius. We ended up trading him a recipe for Floating Island for this one. This pie should serve about 8 people.

What you need:

INGREDIENTS:

- ½ cup black walnuts
- 6 to 8 whole graham crackers (1 cup graham cracker crumbs)
- ½ cup plus 3 tablespoons sugar
- ⅓ cup melted butter or margarine
- 3 eggs
- ⅔ cup butterscotch chips
- ⅛ teaspoon salt
- 1 envelope unflavored gelatin softened in ¼ cup cold water
- 2 cups cottage cheese
- 1 teaspoon vanilla

½ cup whipping cream
¼ cup shredded coconut

UTENSILS:

2-quart saucepan
3-quart mixing bowl
Metal measuring cup
Small bowl for whipping the cream
9-inch pie pan
Eggbeater
Blender
Meat grinder
Small frypan (8-inch diameter is large enough)

What to do:

CRUMB CRUST:

Put ½ cup black walnuts through the meat grinder, using a fairly fine blade. Measure; you should have about ½ cup ground nuts. Grind a few more, if necessary. Then grind graham crackers until you have 1 cup crumbs. Put the ground nuts and cracker crumbs in a bowl, add the 3 tablespoons sugar and then melted butter.

Mix it all together. Pat it into the pie pan, mounding it up slightly around the rim of the pan. When it is all evenly and firmly pressed into place, bake at 350°F. for 10 minutes. Take it out of the oven and cool.

FILLING:

Separate the eggs,* putting the yolks in the 2-quart saucepan and the whites in the 3-quart bowl. Add half (¼ cup) the remaining sugar to the egg yolks and beat together thoroughly. Add the butterscotch chips and salt to the mixture.

Put ¼ cup cold water in a metal measuring cup and stir the gelatin into it, breaking up any lumps. Let it stand and swell for a few minutes. Then put it on a stove burner at low heat and melt the gelatin, stirring constantly. It will be clear and flowing, with no graininess when it is melted. Set aside.

* See page 75.

Put the pan with the butterscotch chips on the burner (low heat also), stirring constantly until the chips are melted. Then slowly add the melted gelatin to it. Keep the mixture warm while you put part of the cottage cheese in your blender with the vanilla. Pour in the warm butterscotch mixture and add the rest of the cottage cheese. Run the blender till it is quite well mixed, stopping occasionally to scrape down the blender jar's sides. Set it aside.

Measure out the remaining ¼ cup sugar and start beating the egg whites. When they are frothy and just begin to hold their shape, sprinkle on about a third of that sugar. Stir it in with the beater and beat some more. Do this twice more and beat the egg whites until they are stiff and glossy. Peaks formed when you pull the beater out will nearly stand up straight.

Take the butterscotch mixture in the blender and add it to the beaten egg whites. Carefully, using an over-and-under cutting motion, fold it into the egg whites uniformly. Do not stir round and round.

Rinse and dry the eggbeater quickly, using cold water. Put the cream into the small bowl and beat it until it forms standing peaks. Add it to the mixture and fold it in gently, until the filling is just barely evenly mixed. Put the bowl of pie filling in the refrigerator. Chill it until it is thick or stiff enough to stay put when you spoon it around but not yet entirely set.

Take the shredded coconut and put it in a small, dry frypan. Put the pan on the stove at medium heat and stir it occasionally until some of the strands turn golden brown. It should only take a few minutes and will require constant watching. Only a small part of it will actually be browned, but it will all taste toasted. Spread it out to cool on a plate.

Take the cooled crumb crust and spoon the chilled filling into it, mounding it up in the center. Sprinkle with the toasted coconut and chill before serving (about an hour or so).

MIRAMANEE'S PEMMICAN PIE

(Mincemeat Pie)

When Captain Kirk was living with Miramanee as a woodlands tribal Indian after the obelisk accident had disabled his memory, this Pemmican Pie was the finest of the many natural delicacies that Miramanee served him.

Throughout the summer, the people of her tribe collected and dried all kinds of fruit and berries in season. They also sliced thin and dried lean meat that the hunting parties brought in. Late in the summer, before the autumn rains, they took suet from the fat game and boiled it down in clay pots to make clear melted fat. They pounded the slices of dried meat down to bits, mixed it with the dried berries and fruit fragments and stuffed it tightly into hide pouches. The hot melted fat was poured in through the last small opening until the meat-berry mix was completely saturated. This would keep well till spring. In the cold snowbound winter, pieces of this pemmican would be boiled up in water to make a tasty, nourishing stew.

For special feast days, they also made a "Summer Pemmican" with fresh fruit, fresh meat, much less fat and sweet herbs. This was folded between sheets of dough and cooked on pieces of flat slate between two fires. For Kirk, Miramanee mixed equal parts of honey and butter to a smooth cream which she let melt over the hot pies as she served them.

What you need:

INGREDIENTS:

- 1½ pounds lean ground beef
- 2 oranges
- 4 cups chopped apples (start with about 3 pounds)
- 1 (15-ounce) box dark raisins
- 1 (11-ounce) box "currants" (tiny raisins that are sold as currants)
- ½ cup cider or apple juice
- 1½ teaspoons salt

1½ teaspoons cinnamon
1½ teaspoons ginger
¾ teaspoon cloves
½ teaspoon nutmeg
½ cup dark molasses
2 cups granulated sugar
1 cup and 2 tablespoons dark brown sugar firmly packed
½ cup cooking oil
Piecrust pastry (enough to line 2 (9-inch) pie pans, see page 27

UTENSILS:

Meat grinder
4-quart pot with lid
Mixing bowl for piecrust pastry
Bowl or dish to catch ground oranges and apples
9-inch pie pan

What to do:

Break up the beef into the pot and cook over medium heat, stirring and breaking lumps constantly. When it is cooked, and no longer pink, it should be thoroughly broken up into small "grains" or bits. There should be no lumps left. Turn off the heat.

Wash the oranges and cut off the stem and any price or brand marks. Working over a dish to catch any juice, cut the oranges in half and then into smaller chunks, removing all the seeds as you go. Put the orange chunks through the meat grinder, using a blade fine enough to leave no chunks of orange peel larger than ⅛ inch.

Use the coarsest blade you have for the apples. Cut about 2 pounds of the apples into sixths or eighths, cut out the cores and cut off any brown places. Put them through the meat grinder and measure. If you need more, cut up 1 apple at a time and grind it. Measure until you have about 4 cups, tightly packed. Add the ground oranges and apples to the meat in the pot. Add the raisins, currants and cider, together with the rest of the ingredients, except the pastry.

Turn on the heat, bring it up to a boil quickly (over fairly high heat), stirring constantly. Then turn the heat down until it is just barely boiling and simmer for about 45 minutes. You should stir it every 5 or 10 minutes. When it is done, the raisins and currants should be tender and the flavors well blended. Take it off the heat and set aside while you make the pastry.

Make the pastry according to the directions on page 27. Divide the dough into two parts and roll out half of it. Line the pan with it, trim around the edge of the pan but do not flute or decorate the edge yet. Put in about 3 cups of the mincemeat; fill the pan and mound it up just a little in the center. Roll out the other half of the dough and put it over the filled pan as a cover. Trim it off around the edge of the pan.

Taking both layers of pastry, pinch the edges together to seal and flute or decorate with the tines of a fork. Cut slits in the top to let steam escape during baking. Bake at 425°F. for 15 minutes and then at 375°F. for another 30 to 35 minutes, or until the crust is nicely browned. Serve warm with cream, whipped cream or vanilla ice cream, according to your taste.

Note: This mincemeat recipe makes enough for 4 (9-inch) pies. The remaining three portions may be frozen in quart freezer bags.

DIPLOMAT PUDDING

(Lemon Bread Pudding)

For more than 300 years bread pudding has led a double life. Under its original name it is the plainest of family supper desserts—except when it makes the whole meal, and then it is nourishing and solid enough for the hungriest man. However, like hamburger, which is always listed on fancy menus as "Salisbury Steak," our good old bread pudding has another personality. When served at a formal

dinner, or listed on an elegant menu, it is always known as "Diplomat Pudding."

This posh and classy personality of bread pudding was born one night in the 19th century, in Washington, D.C., in the original White House of the United States. It was toward the end of a formal state dinner that a servant discreetly whispered in the ear of the First Lady the sad news of a minor disaster in the kitchen: The dessert had failed! Our gracious hostess (were Presidents of the United States ever married to any other kind?) rose to the occasion. She instructed the cook to take the bread pudding that was headed for the nursery, cut it into small portions and put a wine sauce over it. It was so well received that bread pudding has ever since been welcome in the finest of dining halls, provided that it remembers its manners and calls itself "Diplomat Pudding."* There should be sufficient pudding for 6 to 8 people.

What you need:

INGREDIENTS:

6 to 8 slices fresh white bread (6 cups loosely packed bread cubes)
4 tablespoons butter or margarine
3½ cups milk
3 large or 4 small eggs
1 teaspoon lemon extract
¾ cup sugar

UTENSILS:

Small saucepan for scalding the milk
10-inch frypan
2-quart baking dish with cover
Baking pan, about 2 inches deep, large enough to contain the baking dish
Eggbeater or wire whisk

* Our historical data banks from the 19th century are sadly incomplete on such subjects. If any reader has access to memoirs which can fill in the name and date, I would appreciate hearing from him or her.

What to do:

Cut the slices of bread, a few at a time, into ½-inch cubes, leaving the crust on. Heat the butter in the frypan and fry the bread cubes, stirring and turning them constantly until they begin to get golden brown. Put them in the baking dish.

In the small saucepan scald the milk (heat it quickly and carefully, stirring constantly, until it just starts to rise in the pan; then take it off the fire immediately and continue to stir it for a couple of minutes). Cool the scalded milk until you can stand a drop of it on the inside of your wrist.

Break the eggs into it and beat thoroughly. Add the egg-milk mixture to the bread cubes. Let stand for about 15 minutes so that the bread soaks up the liquid. Add the lemon extract and sugar. Stir well.

Cover the baking dish, set in a pan with warm water (the depth of the water, with the baking dish in the pan, should be an inch or more) and bake at 325°F. for about 1 hour, or until a knife or skewer inserted in the middle comes out almost clean. This may be served with rum flavored whipped cream which the Enterprise crew generally prefers to the 19th century wine sauce.

RUM FLAVORED WHIPPED CREAM

1 cup whipping cream (½ pint)
¼ cup sugar
1 or 2 teaspoons dark Jamaica rum

Have the cream, the beater and the bowl well chilled. Mix the ingredients together in the bowl. Beat until peaks form and remain standing when you pull the beater out of the cream.

VULCAN

Vulcan has wild compelling landscapes. Some of it is beautiful, and much of it is starkly forbidding. My favorite place is the Harari Desert area. Sunrise in the spring is perhaps the best time to appreciate its breathtaking beauty. There are majestic volcanic mountains with frosted spires and towers wrought by wind and sand from the desert below. The windward sides of the mountains are still heavily encrusted with hoarfrost, which is melting as the heat of the returning Vulcan sun gets to it. The towers and rock lacework stand out in sharp contrast with the glistening frost. The exposed rock ranges from a deep grey-brown to a light buff, shot through with broad bands of rust and maroon where slides have exposed fresh rock strata.

On the desert floor, plants spring up from the frost runoff, and there are patches of azure and turquoise vegetation interspersed with a bronzed reddish plant that covers large areas of the landscape. Flowers bloom in profusion, an incredible rainbow array of delicate shapes. In a short month, most will be gone, and only a few patches of azure and turquoise will remain to mark the damper spots.

The Sha'amii are lambing—they eat the bronze ground cover—and they, like the flowers, will be gone from the desert when the drought comes. Birds of all descriptions are taking advantage of the spring abundance, and the air is filled with their song and raucous cries. Both the bear-like sehlat and the ferocious le-matya make their homes in the foothills surrounding the desert. The sehlat favors deep dens

gouged from the rock by wind and sand; the le-matya keeps more to the brush country farther up the slopes. It is a thoroughly wild place, where travel is carefully undertaken by the inhabitants, and definitely not for the uninitiated without an experienced guide.

Vulcan in the heat of summer is quite another place. In lands under cultivation, there is still azure and bronze, but in the desert areas it is red and dry. The birds and animals have retreated to hidden, spring-fed valleys to escape the heat and drought.

The Vulcans have maintained themselves and their land in balance, and they are intensely devoted to their way of life. They are proud of their heritage, and of what they have accomplished in the face of terrible odds.

The people of Vulcan, though logical, and to the observer quite unemotional, have not denied themselves the pleasures of good food and drink. They are vegetarian by principle, desiring to kill no animal, but using milk and eggs in their dishes as a matter of course. Their recipes are ancient, bound up in tradition, both in content and manner of preparation. Their diet, though basically similar to ours, with the exception of meat, is quite varied, owing to the ancient desert tradition of making use of whatever was edible.

Land on the windward side of the mountain ranges is productive directly, since it has adequate moisture; there has been extensive terracing, so that many areas are reminiscent of the ancient Terran construction by the Incas at Machu Picchu. The circumpolar areas are also productive without extensive irrigation, but most of the flatlands are more or less desert.

All manner of herbs and spices flourish on the windward slopes of their mountains, as well as many kinds of nuts and fruit which closely approximate Terran varieties. On the higher mountain terraces,

fragrant teas thrive, which are highly prized. They are prepared and served in accordance with ancient custom. In the habitable circumpolar terrain, fruits and vegetables are grown which greatly resemble what can be grown in the temperate zones of the planet Earth. The area available for such farming is relatively small, and such produce is necessarily expensive. Quadrotriticale and one of the very high protein maize varieties are grown wherever there is enough water for them. In the warmer equatorial areas, there are a number of places with enough water for extensive irrigation, and such things as rice and a few tropical fruits can be grown. The best known of these is the Vulcan plantain, which yields red-brown fruit, shorter and fatter than our bananas.

Animal husbandry is a very small but important part of Vulcan agriculture. A variety of Sha'amii has been domesticated; it yields milk and other dairy products, as well as long silken "wool," which is famous throughout the galaxy. It does not require grain feed, but can subsist quite well on the native browse, summering in the high mountain valleys. A variety of fowl, the Dokai, is kept on farms in the circumpolar areas. It is valuable for the eggs it produces, and for its habit of keeping weeds and insects out of the fields. It is a fairly large bird, with a voracious appetite. Its eggs are two or three times as large as most chicken eggs.

The Vulcans, with the varied produce their world has to offer, have developed a delightful, distinctive cuisine. Mr. Spock has provided me with most of the information on Vulcan, as well as with most of the recipes. A few are from my friend T'Qel, and the Tufeen Hushani is from Mr. Spock's mother Amanda, with T'Pau's consent.

Further Vulcan recipes can be found in the chapter devoted to Mr. Spock's favorites, starting on page 78.

BARKAYA MARAK
(Cream of Spinach Soup)

Though this is sometimes confused with Plomeek Soup, it is actually a much more plebeian dish. It is a real dirt-farmer's soup; full-bodied and satisfying. The spoonful of sour cream with which the Vulcan country women of long ago graced their plain fare was likened to a morning star shining through the first pale green streamers of the Vulcan dawn.

What you need:

INGREDIENTS:

- 4 tablespoons butter or margarine
- 2 medium onions, chopped (about 1½ cups)
- 1 large clove garlic, or 2 small ones, sliced
- 2 cups water
- 4 to 5 medium potatoes, peeled and sliced (about 1 pound)
- 1 (10-ounce) package frozen chopped spinach
- ½ teaspoon dried basil leaves
- 1 teaspoon salt
- ½ cup water to rinse blender
- 1 cup heavy cream
- ¼ cup water to rinse cream container
- Sour cream for garnish

UTENSILS:

- 4-quart pot with lid
- Blender
- Bowl to empty the blender into

What to do:

In the pot, melt the butter and fry the onions and garlic until the onions are golden. Add the 2 cups water, potatoes, spinach (which need not be thawed), basil and salt. Simmer for about 20 minutes, or until the potatoes are tender.

Put about 1½ cups of the cooked mixture in the blender and blend until it is quite pureed. Repeat until you have nothing left in the pot. Wash out the pot and pour the vegetable puree back into it.

Pour ½ cup water into the "empty" blender and run the blender for a few seconds. Slosh the water about to rinse down the sides of the blender, then add this water to the soup in the pot.

Add the heavy cream, rinse out the cream container with ¼ cup water and add that to the soup also. Stir thoroughly to mix in the cream and reheat before serving, if necessary. Ladle into bowls and garnish with a dollop of sour cream.

PRI TARMEELI

(Vegetarian Curry)

Pri Tarmeeli is often the main course at Vulcan banquets, but it is also quite capable of satisfying hungry humans. This makes 8 substantial servings.

What you need:

INGREDIENTS:

- 3 medium-sized onions
- 2 cloves garlic
- 1 large carrot
- ¼ cup cooking oil or 4 tablespoons butter or margarine
- 1½ teaspoons curry powder
- ¾ teaspoon salt
- 1 tablespoon catsup
- ½ pound mushrooms, sliced (or 1 [4-ounce] can mushrooms)
- 1 (10-ounce) package frozen baby lima beans
- 1 (9- or 10-ounce) package frozen cut Italian green beans
- 2 cups water (if you use canned mushrooms, include their liquid in this)
- 1 cup sour cream (½ pint)
- 2 tablespoons cornstarch mixed in ¼ cup water

UTENSILS:

- 12-inch frypan with lid or a 4-quart pot with lid
- Grater

What to do:

Peel and chop the onion and garlic. Pare the carrot and shred it on the side of the grater that has round holes. Heat the oil or butter in the pan and cook the onion, garlic and carrot until the onions are golden. Then add the curry powder and mix in thoroughly.

Next, add the salt, catsup, vegetables and water. Simmer until the vegetables are tender, about 15 minutes. Add the sour cream and cornstarch and water mixture. Simmer for about 5 minutes longer.

Serve with cooked rice and other accompaniments (see below).

COOKED RICE

(To serve with Pri Tarmeeli)

What you need:

INGREDIENTS:

- 2½ cups raw rice
- 5 cups hot water
- 2 tablespoons butter or margarine
- 2 teaspoons salt

UTENSILS:

- 2-quart saucepan with lid

What to do:

Put all the ingredients together in the pan and bring to a boil. Stir to break loose any grains that might be sticking to the pan. Reduce the heat. Simmer gently, with the lid on, for about 20 minutes, or until the rice is tender and all the liquid has been absorbed. Fluff with a fork before serving.

ACCOMPANIMENTS

(For Pri Tarmeeli)

All of these are optional, but make the dish more festive if you choose to serve them along with it.

What you need:

INGREDIENTS:

Unsalted roasted peanuts, chopped
Pineapple chunks
Shredded coconut
Tableen (a relish much like chutney)
Fried bananas (see recipe below)

What to do:

For the peanuts, shell them and slip the skins off. Chop on a board with a knife. Canned pineapple is appropriate, the kind canned in unsweetened juice is preferable. Shredded coconut and chutneys are available in most markets. Chutney, a hot, spicy, sweet-sour fruit relish, seems to be an example of parallel evolution. Both Vulcan and Earth have made and used this type of condiment for as long as anyone can remember—far back into ancient times. (For a chutney recipe similar to Tableen, see Achali Ya Tunda on page 160.)

'AMEELAH

(Fried Bananas)

Sweet plantains are used for this on Vulcan; they are very similar in flavor to our bananas, though they are smaller and reddish brown in color. They very occasionally are available here; ordinarily yellow bananas may be substituted for them without much noticeable difference.

What you need:

INGREDIENTS:

3 large yellow bananas (all yellow, or with green tips),
or
6 small red bananas (Vulcan sweet plantain), thoroughly ripe
1 to 2 tablespoons butter or margarine

UTENSILS:

10-inch frypan

What to do:

Peel the bananas. Cut them in half lengthwise and then in half again crosswise. Heat the butter in the pan until it is foamy and just begins to brown. Put the banana slices in the hot butter and fry gently until they are golden on one side. Turn and fry until they are golden brown on the other side. Arrange them on a warm dish and serve them hot with the Pri Tarmeeli.

PIRMAH

(Strawberry Toast)

Another Vulcan favorite, Pirmah, like Kisan, is not restricted to being served as dessert. When the appropriate berries are in season, it appears as a breakfast main course as well. It is chiefly a home-style dish, often prepared right at the table.

What you need:

INGREDIENTS:

1 quart fresh ripe strawberries
1 cup whipping cream (1/2 pint)
Sugar
Butter
8 to 12 slices of good solid wheat bread (white, cracked wheat, wheat germ, or even whole wheat will do, depending on your own preference)

UTENSILS:

Soup dish or other flat-bottomed dish
Large skillet, griddle or even a toaster
Small bowl (about 1 1/2-quart size)
Eggbeater or wire whisk

What to do:

Chill the bowl and the beater. Hull and wash the berries, drain thoroughly and dry them gently on a soft clean cloth or paper towels. Mash the berries with a fork, a few at a time, in a soup dish.

Now whip the cream in the chilled bowl with about 1/4 cup sugar. Fold the mashed berries into it.

Add a little more sugar to the mixture if it is not sweet enough.

Heat the large skillet or griddle and melt about 1 tablespoon butter in it. When the butter is foamy, add a couple of slices of bread and brown lightly on both sides. Top the fried bread with a couple of large spoonfuls of the berry mixture. Repeat until you have used all of the berry mixture. Add more butter to the pan as you go along, so that all the slices are about equally buttery.

If you wish, you can toast the pieces of bread in a toaster, butter them and top with the berry mixture. Be careful that the toast does not get dark.

PRUSAH KISAN

(Custard Fruit Pie)

Vulcans are very fond of fresh fruit, and also of "Kisan" made with fresh fruit. These are somewhat different from what we usually call pies, but since they involve a pastry-lined pan filled with fruit, pie is the word that comes closest to fitting. Kisan is often served as a kind of dessert at formal gatherings, but when it is served at home, it is usually the main part of an evening meal, along with soup and something to drink.

There are two main variants, Perach Kisan (see page 91) and Prusah Kisan, which differ chiefly in how they are arranged, and to a lesser degree according to which fruits are used in them. Perach Kisan is usually made with fruit approximating plums or apricots, and occasionally even apples, while Prusah Kisan is prepared with those most like pears and peaches. Even the Chamuz fruit, which is orange pink and incredibly sour, is sometimes used. Our closest approximation to it is rhubarb.

I am giving a recipe here that is enough to make two "pies" at a time—so that you can have enough for an evening meal for 6 (or dessert for 12), and so that you can use different kinds of fruit.

What you need:

INGREDIENTS:

PASTRY:

Enough piecrust pastry to line 2 9-inch pie pans (see recipe for it immediately following this one)

FRUIT:

4 to 5 cups diced fresh, fully ripe pears per pie, *or*
4 to 5 cups ripe peach chunks per pie, *or*
4 to 5 cups sliced rhubarb stems per pie

CUSTARD FILLING (FOR 2 PIES):

1 cup whipping cream or commercial sour cream (½ pint)
4 medium or large eggs
1 cup sugar
½ cup milk
Cinnamon to sprinkle on top

UTENSILS:

2 9-inch pie pans, glass or metal
Mixing bowl for piecrust (about 3-quart size)
Mixing bowl for custard filling (1- or 1½-quart size)
Eggbeater or wire whisk

What to do:

Preheat your oven to 350°F. if you are using metal pans, or to 325°F. if you are using glass pie pans. Roll out your pastry, line the pie pans and finish the edges. See the piecrust recipe below for details.

If you are using peaches, cut them in quarters, remove the pits, peel them and cut them up into chunks. Prepare pears in the same way, being sure to cut out the core. If you use rhubarb, cut off the leaves (they are poisonous), trim the bottom ends and slice the stems into ½-inch pieces.

Place all the ingredients for the custard filling, except the cinnamon, in the small bowl and beat it with the eggbeater or whisk until it is thoroughly mixed. Put the fruit chunks in the crust-lined pans, pour half the custard over each pie and sprinkle with cinnamon. Bake for about 1 hour, or until the crust is lightly browned and the custard is golden brown.

PIECRUST PASTRY: (for 2 [9-inch] crusts)

2 cups flour
1 teaspoon salt
¼ cup milk or water
½ cup cooking oil
3-quart mixing bowl
Rolling Pin and waxed paper

Mix the flour and salt together in the bowl. Measure the milk and oil in the same cup and add them to the flour and salt. Stir with fork, then gather it all together with your hands and make a ball of the dough.

Divide dough into two equal parts; make a ball of each part and flatten it slightly. Place one of the balls on a square of waxed paper (11 to 12 inches square) and cover it with another such square. Roll it out between the sheets of waxed paper until it is about 2 inches larger in diameter than your pie pan.

Remove one sheet of waxed paper, put the pastry in the pan, paper side up, and carefully remove the remaining waxed paper. Trim the edges close to the pan with a knife. Pinch the dough around the edges to form a wavy or fluted edge. The crust is now ready to be used.

Repeat for the other ball of dough, adding to it any trimmings you had left from the first one. The trimmings left over from the second crust may be flattened into a cookie shape, sprinkled with sugar and cinnamon and baked in a small pan, along with the pies, until it is lightly browned.

TUFEEN HUSHANI

(Carrot Cake)

When Sarek and Amanda were aboard the Enterprise, bound for the conference on Babel, I had an opportunity to talk at length with Amanda about Vulcan and its customs. She was very helpful and even gave me a nonritual version of the recipe for

Tufeen Hushani, the cake served at the Vulcan marriage ceremony. Its preparation is shrouded in the mists of ancient tradition and ritual. The bitter nectar that gives the cake its distinctive flavor is symbolic of the madness of Pon Farr, and the sweet spices symbolize the return to logic and serenity.

Preparation of the cake is remarkably time consuming. The nuts must be ground in a bowl made from the burl of a barzeeli tree. Each of the other parts of the preparation has its own requirements, all of which add up to a very complex procedure. This approximation of the recipe yields a cake quite similar in taste and texture to the ritually prepared one, but is sufficiently different to avoid parading the intricacies of Vulcan ritual before the eyes of the curious. T'Pau has given her consent that it be included here. This cake may be cut into 8 or 10 good-sized pieces.

What you need:

INGREDIENTS:

6 ounces blanched almonds, ground (grind your own, they taste better)
1/2 cup flour
1/2 teaspoon salt
1/8 teaspoon cloves
1/8 teaspoon nutmeg
1/4 teaspoon cinnamon
1 1/2 teaspoons baking powder
6 ounces grated or finely shredded carrots
1 tablespoon dark Jamaica rum (or Vulcan bitter nectar, if available)
Grated rind and juice 1/2 lemon (about 1 tablespoon each)
5 tablespoons butter or margarine
6 ounces sugar (a bit more than 3/4 cup)
5 eggs
Butter or margarine to grease the ring mold

UTENSILS:

Blender
Meat grinder
Grater

Or: a nut grinder to take the place of both the grater and meat grinder
Large strainer
2 bowls (about 3-quart size)
2 bowls (about 1- or 1½-quart size)
2-quart metal ring mold
Eggbeater

What to do:

Grind the almonds as finely as possible, using either a meat or nut grinder, catching them in 1 of the 2 smaller bowls. Strain them into the other bowl. Put what does not go through the strainer back into the first bowl. Measure out ½ cup flour, then add a couple of tablespoons of flour from it to the coarser part of the ground nuts. Mix together and put the mixture in the blender. Blend for perhaps half a minute, stopping once or twice to scrape down the sides of the container and mix the contents. Strain it into the bowl with the rest of the ground nuts.

Again put what is left in the strainer in the blender with the rest of the flour. Blend, scraping down the sides of the jar once or twice. Strain again, just to be sure there are no large pieces of almond left, and put the coarser nuts in with the finely ground ones—there should by now only be a little bit left. Mix it all together, and add the salt, spices and baking powder to the nut-flour mixture.

Now, using the nut grinder, or the coarser of the two sets of sharp teeth on your grater, grate the carrots into the second of the smaller bowls. Weigh when you are done to be sure you have 6 ounces, since 6 ounces of whole carrots does not quite yield the same weight of grated carrots. There is always a little loss. Add the rum to the carrots.

Grate the yellow rind off about half the lemon (do it with the lemon whole, using the coarse teeth of your grater) and add it to the carrots. Cut the lemon in half, squeeze half of it and add the juice to the carrots. Cover and let stand.

In one of the larger bowls, mix the butter and sugar together. Separate the eggs,* putting the yolks in with the butter and sugar and the whites in the other large bowl. Beat the egg yolks into the butter and sugar mixture, add the carrots, stir in well and let stand for a few minutes.

Beat the egg whites until soft peaks form, then set aside. Add the dry ingredients to the carrot mixture and stir in thoroughly. You should have a thick batter. Now beat the egg whites a little more to be sure that they are evenly beaten and fold the batter into them. (Pour the batter into the egg whites.) Mix gently and carefully with a cutting over-and-under motion until all is just barely evenly mixed.

Pour into the greased ring mold. Bake at 325°F. for about 50 minutes. It is done when a skewer stuck into it comes out clean. Take out of the oven, let cool in the pan for about 5 minutes and unmold onto a serving plate. If you dust the plate with a little confectioners' sugar, the cake will have less tendency to stick to the plate.

SHEEKUYA NA'NA

(Orange-Mint Iced Tea)

This refreshing drink is served throughout the Vulcan summer, when fresh herbs and fruit are available

What you need:

INGREDIENTS:

4 cups boiling water
6 black tea and mint blend tea bags, *or* 5 black tea bags (regular tea bags of your favorite brand) plus 6 to 8 fresh apple mint leaves as large or larger than a quarter
1 cup sugar
1 (6-ounce) can frozen orange juice concentrate
Water to make up a gallon

* See page 75.

UTENSILS:

Teakettle or a stainless-steel or enamel pot for boiling the water
Teapot or stainless-steel pot or bowl for steeping the tea
Gallon jug, glass or plastic with a lid
Funnel

What to do:

If you use a stainless or enamel pot, that is all you need. When the water comes to a boil, add the tea bags (and fresh mint if you are using it) to the water and let it steep, away from the heat, for about 5 to 8 minutes. Otherwise, pour the water from the teakettle over the leaves and tea bags in a teapot or a stainless-steel, or even glass, bowl, and let it all steep.

Using a funnel, pour the sugar into the gallon jug. You might want to try it first with less than 1 cup sugar, but I would not recommend using less than ½ cup. Pour the hot tea and mint blend in on top of the sugar, keeping the teabags and mint leaves out of the jug.

Next add the undiluted orange juice, close the jug and shake to mix it with the tea and sugar. When it is thoroughly mixed and the sugar is dissolved, fill up the jug with cold water. Chill and serve plain or with ice cubes and a sprig of mint in each glass.

It takes several hours to chill a gallon of liquid. If you do not have several hours, make it double strength (add water to make ½ gallon) and serve by pouring it warm over ice cubes.

THE ROMULANS

After the famous "Enterprise Incident," during which Captain Kirk and Mr. Spock successfully engineered the capture of the Romulans' cloaking device, and incidentally also captured the Commander of the Romulan flagship, we had her as an involuntary "guest" aboard the Enterprise. While she was with us, she was given guest privileges.

She was quite cooperative in answering our questions, so long as they had no military significance; as a result, we learned a good deal about Romulan civilian life. She also learned a great deal about our customs and life-style. We hope the ideas she took back with her will have a civilizing influence on the Romulans; the information she has may also provide her with personal safety, since she probably now knows more about us than any other Romulan.

The Romulans are apparently an offshoot of the Vulcans, long, long ago transplanted. They are quite similar physically, but have a very different approach to life. Political organization in the Romulan Empire resembles that of the old Roman Empire on Earth, during its most militaristic, expansionist period. The ruling class is the military; next comes a class of educated technicians, who provide the military with its hardware among other things; and finally, comes a class of working people, who keep things running at home. Fortunately for the Romulans, social distinctions are not yet frozen, and the Empire is young and vigorous enough to make use of its talented citizens, men as well as women.

The Romulans are a people given to somewhat elaborate celebrations for a variety of things. The working class appears to be much impressed with the pomp and ceremony of the lavish celebrations staged by the government. There are torchlight parades of the soldiers, great feasts on holidays and some kind of festival for just about any excuse they can find. Farm villages have fairs and feasts at harvesttime, and with these goes some pretty wild revelry. As a whole, Romulans love colorful dress and colorful celebrations; even the professional class goes in for a very flamboyant parade in the spring of the year, celebrating their many accomplishments and capabilities. The military, by contrast, have adhered to the old traditions in clothing, and their dress has remained simple in design, though it may be made of very expensive materials.

Food is substantial, and in most cases simple, as you will see from the following recipes.

JUS SENATUS

(Lentil Soup)

Created by a well-known Romulan chef before the beginning of the Imperium, this Romulan Senate Soup bears a passing resemblance to the bean soup served long ago in the restaurant of the U.S. Senate, though the pod vegetable they use resembles lentils more than it does beans. This should serve 6 people.

What you need:

INGREDIENTS:

1 cup lentils
1 cup water
¼ pound bacon, cut into small pieces
2 cups chopped onion
1 clove garlic
2 cups shredded or diced carrots (3 or 4 carrots)
1 cup chopped celery (include the leaves)
2 (10-ounce) cans concentrated beef broth
2 (10-ounce) cans water
Salt and pepper to taste

UTENSILS:

4-quart pot with lid
2-quart saucepan (or smaller)

What to do:

Put the lentils in the saucepan and add 1 cup of water. Bring to a boil, then simmer for about 5 minutes. Remove from the heat and let stand while you prepare the vegetables.

If you are using slab bacon, cut it into ¼-inch dice. If you are using sliced bacon, cut across the slices while they are still all together at ½-inch intervals to get short pieces. Fry the bacon in the 4-quart pot until it is browned, then add the onion and garlic and fry until the onions are golden. Add the broth, water, lentils and the rest of the vegetables. Taste for seasoning and add a little salt and pepper, if necessary.

Simmer for about 30 minutes, or until the lentils are tender.

DAPS CENTURIONIS

(Lamb and Lentils)

Roast lamb with lentils is the traditional menu for the banquet honoring a Romulan who has reached the rank of Centurion. Lambs are roasted whole on spits over glowing coals, and the lentils prepared in great earthen pots. For entertaining on a less grandiose scale, the following procedure will be more practical. This serves about 6 to 8 people.

What you need:

INGREDIENTS:

1 (6- to 8-pound) leg of lamb
Flour for dusting the baking bag
1 large onion, cut in chunks
Salt and pepper
2 tablespoons cooking oil

1 cup chopped onion
2 cups lentils, washed and drained
1 (10-ounce) can concentrated beef broth
1 (10-ounce) can water
1 small bay leaf
⅛ teaspoon freshly ground black pepper
1 cup green onions, cut into thin slices (about 10 or 12)
½ cup chopped parsley
⅓ cup pan gravy from the roast lamb

UTENSILS:

Roasting pan and a baking bag for meats up to 12 pounds, *or* a covered roasting pan (meat thermometer handy, but optional)
2-quart saucepan with lid

What to do:

About 4 hours before you want to serve, get the leg of lamb ready and put it in the oven: Preheat the oven to 350°F., dust the inside of the baking bag with flour, put in the large onion as a layer of chunks and put the leg of lamb in on top of that. Holding the bag open, sprinkle the lamb with a little salt and pepper. Close the bag with its tie. With a skewer or ice pick, poke some holes in the top of the bag. If you wish, stick a meat thermometer into the thickest part of the roast, right through the bag so you can read the dial: 160°F. to 190°F. covers the range from moderately rare to well done.

About 40 minutes before serving time, get the lentils going. Heat the oil in the saucepan and cook the chopped onion until soft and golden. Add the lentils, beef broth, water, bay leaf and pepper. Simmer for about 30 minutes, or until the lentils are tender. Fish out the bay leaf, add the green onions (sliced to include the white part and about 2 or 3 inches of the green tops) and parsley. Mix well, and as you are serving, stir in ⅓ cup of the pan gravy from the roast, with as little fat as possible.

TAYLEEA CHEECHA

(Meat and Fruit Stew)

Romulans seem to be fond of combining sweet fruit with meat. This particular meat and dried fruit stew, unusual as it is in flavor, makes quite an acceptable meal when served with hot buttered rice and a green vegetable.

What you need:

INGREDIENTS:

- 1½ tablespoons cooking oil
- 1½ pounds beef chunks (stewing beef)
- 1 cup cider or cloudy apple juice
- 1 medium onion, cut into chunks
- 8 pitted prunes, *or* ¼ cup raisins
- 16 button mushrooms, or 1 (4-ounce) can button mushrooms, undrained
- 16 dried apricot halves
- 1 teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 1 slice lemon
- 2 tablespoons cornstarch in 2 tablespoons water

UTENSILS:

- 10-inch frypan with lid

What to do:

Heat the oil in the pan and brown the beef chunks all over. Add the cider and reduce the heat until the contents of the pan are just simmering. Add everything else except the cornstarch mixed in water. Simmer for about 2 hours, or until the meat is quite tender. Then add the cornstarch and water mixture and cook a few minutes until the sauce is thickened. Serve.

Hot buttered rice goes well with this, as do boiled potatoes with chopped parsley and brown butter. Cooked carrots with parsley and brown butter are also appropriate.

'ACETARIA'
(Legume Salad)

The recipe for this salad is one of those we gleaned from the Romulan commander while she was our "guest." The dish is most often used as the main part of a meal for everyday occasions. With it is served a potato-like vegetable and small hard-cooked birds' eggs. This amount should serve 8 to 10 people.

What you need:

INGREDIENTS:

1 (16-ounce) can cut green beans
1 (15-ounce or 16-ounce) can Great Northern beans (navy beans)
1 (16-ounce) can kidney beans
1 (20-ounce) can chick-peas
2 knockwurst (about ½ pound)
½ cup sliced green onions (about 5 to 8)
1 teaspoon salt
½ cup olive oil
¼ cup wine vinegar
2 or 3 cloves garlic
1 cup loosely packed parsley, stems removed

UTENSILS:

2-quart saucepan and a small bowl
Large strainer
Salad or mixing bowl (about 3-quart size)
Blender

What to do:

Put the canned beans and chick-peas with their liquid into the saucepan and boil about a minute over medium heat. Strain the liquid from the beans and chick-peas into the small bowl. Put the beans and peas into the salad bowl. (The liquid may be used in soup later, or discarded, as you please.) Cut the knockwurst into ¼-inch slices, then cut the slices into quarters. Add to the beans in the salad bowl. Add the green onions and salt.

Pour the olive oil into the blender, add the wine vinegar, garlic and parsley. Run the blender until the parsley is finely chopped, perhaps half a minute. Pour this dressing over the salad. Mix it all together gently but thoroughly. Chill the salad in the refrigerator for several hours before serving.

Note: When cutting up green onions or scallions, trim off the roots and any damaged leaves. Cut crosswise of the stems to make thin slices, and include about 3 inches of the green tops in the amount you are cutting up.

VIX VIVAX

(Raisin-Walnut Bread)

This Romulan bread, we found, didn't stay around very long after it was served. We made it for the Romulan commander during her unintentional stay with us—she told us how—and all of us who tried it were delighted with it. The recipe makes 4 sizable loaves.

What you need:

INGREDIENTS:

- 4 cups milk
- ½ cup butter or margarine (¼ pound)
- ½ cup sugar
- 2 tablespoons light molasses
- 2 teaspoons salt
- ¾ cup sour cream
- 2 packages dry yeast
- 13 cups flour (more or less)
- 2 cups golden raisins
- 2 cups coarsely chopped walnuts
- Extra butter or margarine for greasing loaf pans and bowl
- 1 egg, beaten, for glaze

UTENSILS:

- Large bowl (8-quart size)
- 2-quart saucepan for scalding the milk
- 4 loaf pans, about 5 x 9 inches across the top

Wire whisk (optional) and a large spoon
Pastry brush
4 cake racks
Long-bladed knife

What to do:

Put the milk in the saucepan. Heat it quickly until the surface is covered with tiny bubbles and it just begins to froth up in the pan. Remove from heat. Add the butter, sugar, molasses and salt. Let it cool for about 10 minutes and add the sour cream, beating with a wire whisk to mix it all thoroughly. Pour it into the large bowl.

When the liquid is cool enough so that a drop on the inside of your wrist is not hot enough to hurt, add the yeast. (If you add yeast to the hot mixture, you will kill the yeast and the bread will not rise.) Add about 5 cups of flour, 1 cup at a time, and mix it well with the liquid, breaking up lumps as you mix. Add the raisins and walnuts. (You can chop the nuts on a board with a fairly long-bladed knife—the bits should be about ¼ inch across, or smaller.)

Add flour, 1 cup at a time, until the dough is no longer very sticky; it should be right when you have added about 12 cups. Sprinkle out about ¼ to ½ cup flour onto a clean table or countertop. Dump the dough onto the floury place and scrape out the bowl onto the dough. Wash, dry and grease the bowl.

Now, knead the dough by taking part of it and folding it over, then pushing down on it. Fold it and push it until you can feel it fight back, until it is springy or elastic. You will have to add more flour as you go, to keep it from sticking to you and to the table. By the time you have added about 13 cups of flour, it should no longer be sticking to the table. The kneading should take you from 15 to 20 minutes. The dough is not going to look smooth because of all the nuts and raisins. When it feels stretchy and elastic and you have been at it for 15

minutes, working it hard, that should be enough. Take a little butter or margarine on your hands and spread it over the dough.

Put the dough in the greased bowl, cover it with a damp cloth and set it in a warm place to rise. It may take as much as 2 hours until it is double in bulk. When it has doubled in bulk, flour a place on the table or counter, dump it out and knead it again for about 5 minutes.

Divide the dough into 4 equal parts and grease the 4 bread pans. Shape the dough into loaves and put 1 in each pan. Cover the pans with a damp cloth and let the dough rise until about double in bulk. Depending on the yeast and the temperature, it usually takes about half as long as the first rising time.

Preheat the oven to 325°F., brush the tops of the loaves with beaten egg, and put them in the oven. Bake at 325°F. for 30 minutes, then at 300°F. for another 30 minutes. The loaves will sound "hollow" when tapped when they are done. Take them out of the oven as soon as they are done. Turn them out of the pans onto cake racks.

The bread is nice served warm. When cool, put the loaves into plastic bags to keep them from drying out. What you do not need right away may be frozen, or stored in the refrigerator for a few days.

ORYZA EGREGIA

(Baked Rice Pudding)

This unusual rice pudding is considered to be holiday or feast day fare by the Romulans.

What you need:

INGREDIENTS:

1 cup raw rice
¾ teaspoon salt

5 tablespoons butter or margarine
2 cups water
½ cup chopped walnuts
½ cup sugar
Grated rind of 1 orange*
½ teaspoon cinnamon
4 eggs, beaten
1 cup milk

UTENSILS:

2-quart saucepan with lid
Small bowl for beating eggs
Eggbeater
1½-quart baking dish with cover, greased
Grater

What to do:

In the 2-quart saucepan, cook the rice with the salt, 1 tablespoon butter and the water until it is tender and the water is all absorbed. Stir and fluff the rice in the pan, then add the ¼ cup butter, walnuts, sugar, orange rind and cinnamon.

Put the eggs and milk in a small bowl and beat them together. Add them to the rice mixture, mix well and put it in the greased baking dish. Cover and bake at 325°F. for about 1¼ to 1½ hours, or until a skewer stuck into the center comes out reasonably clean. Serve warm or cold—preferably warm.

This pudding may be served with sweetened lemon or orange flavored whipped cream. To make this you will need a bowl (1½-quart size), an eggbeater, either hand or electric, 1 cup whipping cream, ¼ cup sugar and ¼ teaspoon either orange or lemon extract. Chill the bowl and the beater and have the cream very cold. Put the cream, sugar and flavoring in the bowl. Beat until you have peaks that remain standing when you pull the beater out of the cream.

* With the coarser sharp teeth of your grater, grate off the orange colored outer part of the orange peel.

CRINITI

(Spice Cookies)

The name for these cookies comes from an ancient Romulan legend. The story is about how the Romulan herding wolves came to be domesticated.

Once there was a long, hard winter, and the tribe of the boy Kalyb was short on furs. The boy was already a good hunter, but not yet old enough to go with the men. The men had caught all the meat they needed, and the tribe had stored seeds, honey, nuts and dried fruit. But still they needed furs, or they would freeze.

One morning Kalyb chanced on a sleeping Canis Crinitus with a magnificent pelt and was about to kill it. The animal pleaded for its life and offered the following bargain. If Kalyb's tribe would prepare his favorite treat for him and his clan, they would help the boy's tribe catch all the woolly, sheeplike mountain creatures they needed.

The boy's tribe prepared cakes from seeds, dried fruit, nuts and honey and left them where the Criniti could find them. The next day, the cakes were gone, and before long, Kalyb heard a great commotion. The Criniti were sweeping down from the hills driving the woolly animals before them. Kalyb's tribe killed many of them and had enough furs to keep themselves warm all winter. Kalyb's people learned more about the habits and needs of the Criniti, and between them figured out how to keep a supply of the woolly sheeplike animals on hand for meat and fur.

Romulans still use fruit and nut cakes for training their animals. They also make delicious spiced cookies using many of the same ingredients as rewards for their children. On certain feast days it is even proper for adults to be seen eating them.

This batch should make about 48 good-sized cookies (2½ to 3 inches across) or more smaller ones.

What you need:

INGREDIENTS:

1 cup margarine or butter
2 cups brown sugar
2 eggs
2⅔ cups flour
½ teaspoon nutmeg
½ teaspoon cloves
½ teaspoon salt
½ teaspoon baking soda
1½ teaspoons cinnamon
2 teaspoons baking powder
1 cup chopped walnuts
1 cup raisins
⅓ cup milk

UTENSILS:

3-quart mixing bowl
Small mixing bowl
1 or 2 cookie sheets

What to do:

In the mixing bowl, cream the margarine or butter and brown sugar together. Add the eggs and stir vigorously until the mixture is well blended. In a small bowl, mix together all the dry ingredients except the raisins and nuts. Then add the dry ingredients and the milk to the margarine-sugar-egg mixture, stir it in gently, and when it is all moistened, stir hard to mix it all together evenly. You should have a stiff batter.

Fold in the raisins and nuts, and mix them in well. Grease your cookie sheet, and preheat the oven to 350°F. Drop the cookie dough onto the sheet by the spoonful. Bake for 10 to 12 minutes, or until the cookies just begin to brown at the edges and a toothpick or skewer comes out clean.

ROMULAN LUCERNAE

(Tangerine Lamps)

This is not a recipe for making something to eat. It is instead a set of directions for fashioning the small oil lamps which mark the place of each diner at a Romulan banquet. These are used only at evening banquets, where there is little light, and the glow from the lamps can easily be seen. The lamps are most often set on top of elaborately cut small glasses.

What you need:

INGREDIENTS:

Tangerines (one per person and several extra for practice)
Salad oil, preferably olive oil

UTENSILS:

Small glasses, such as juice glasses, or the small glass containers in which scented candles are sometimes burned
Matches, preferably wooden ones
Paring knife

What to do:

Cut through the rind of the tangerine around the middle, perhaps a little closer to the stem end than to the bottom. Gently loosen the skin from the sections, and carefully remove the top (the half including the stem end). Gently remove the sections from the bottom half, being sure to leave some of the pithy center part attached to the bottom half of the shell. Press the pithy strands together to form a sort of wick about ¼ to ½ inch long.

Put about a spoonful of oil in the bottom half and swirl it around to coat the inside of the shell. With the whole inside of the shell oil-coated, the lamp will look better and last longer. Add or remove oil to leave a slight puddle in the bottom of the shell —about 1/16 inch deep. Then light the wick. This

will probably take several tries, before it will stay lit. Next, take the top half, and cut a 1-inch hole in the center so that the flame can get air when you set the top back on the bottom half. Place the lamp on a small glass, and it is ready. If you also oil the inside of the top half of the lamp, and then wipe it dry, more light will be able to shine through it.

THE KLINGONS

I did not really expect to be able to include any authentic Klingon recipes in my collection, but while on a routine mission to report on the progress of a new space station under construction, we found the outpost in a state of ferment. The construction workers were outraged and wanted nothing more than to get their hands on Cyrano Jones. We wondered for quite awhile just what he had done to anger them. At first we thought he might have sold them fake Spican flame gems, or perhaps some of Harry Mudd's potions, or even shares in a worked-out dilithium claim; but it turned out to be none of these. He had, instead, sold them genuine Klingon cookbooks which probably had been forced on him while he was trading at some Klingon outpost. At any rate he had apparently badly wanted to be rid of them, and he had fed the workers a tremendous line about how great the recipes were, and how strong they would make the men.

Unfortunately, the construction workers, who were apparently more adventurous than cautious, were not endowed with Klingon digestive systems. The results were rather drastic in some cases, and the men were correspondingly mad at Cyrano. Strangely enough, they did find a few good recipes among the many bad ones, in addition to a few which could be counted on to hospitalize any human.

I was lucky enough to get an annotated copy of the book—that is to say, each of the recipes which had actually sent a man to sickbay was marked for

future feeding to Cyrano, should they ever catch him.

I'll describe for you here one of the dishes which I would characterize as awful, to say the least. Ryparia Sauron it was called, and it did not actually hospitalize anyone, but if the men who tried it ever catch up with Cyrano, perhaps it will yet. I was intrigued with its very outlandishness—a reasonably close approximation, according to those who tried it, would be double strength raspberry gelatin with a lot of chunks of something very like Limburger, Liederkranz (extra ripe), or Camembert (far overripe) floating about in it. The whole was covered with a sauce that tasted like (and probably was) mint-flavored milk of magnesia. Need I say more? It was the sort of thing I expected of the Klingons; what really surprised me was the variety of things they had, and the fact that there was actually some overlap with what we consider good. Their recipes ranged from unendurably horrible to quite tasty by our standards.

Quite awhile later, our path crossed Cyrano's once again; he was as usual up to his unethical but not quite illegal tricks. Captain Kirk reminded him about his little sale at the construction outpost and suggested that he might like to bring us up to date on what the Klingons were currently up to. He was delighted to be given an out to a possible charge of fraud and proceeded to oblige Captain Kirk. Cyrano happens to be a very rambling newsgiver—perhaps if you are a fan of the 19th-century American writer, Mark Twain, and his story about the "Grandfather's Ram," you will have some idea what I mean. Cyrano just does not get at the facts directly. By the time we had found out what he knew about Klingon current events, we had been treated to a hodgepodge of Klingon legends and history.

Cyrano gave us a rather detailed account of what life was like when the seminomadic tribes of the

planet were being united under the Imperial Banner of Kolax. The tribes which are now the main ruling group were at that dim point in the past "horse" people, nomadic hunters and marauders. By their wits and strength they managed to subdue the rest of the planet and shape it into a strong empire, ruled from their central stronghold at Koriannon by the first Emperor Kolax and his Empress, Kara Komari.

Life at that first court was by current standards pretty rough, but life among the tribesmen was cruder still. They lived mainly from their beasts—great curly-haired horselike creatures—and from what game they could catch. They were often settled enough to be able to raise a few quick-growing vegetables, and to preserve in a simple way some of what they grew or gathered, but mostly they were on the move. They had soured milk and cheese, vegetables they kept by fermenting or drying, and meat was dried or smoked whenever they stayed in one place long enough.

Their game was largely the Ooruni, a fierce bearlike creature with three rows of large, jagged teeth and six sharp claws on each paw. It has long black fur, from which Imperial capes are still traditionally made. (Its meat is most nearly like pork). Kapiki, a cabbage flavored leafy plant, was shredded and fermented in waxed hide bags; it must have imparted to Klingon camps a most characteristic odor. Only the stodgiest of their pack beasts would tolerate being loaded with these bags—the more spirited ones would have nothing to do with such aromatic baggage. Dried bulbs were also carried along, as were spices, which additionally served as money.

Things have changed. Perhaps we will never know how the Klingons developed their advanced technology without first giving up their barbarian ethics and predatory hunter-plunderer life-style. We can certainly not trust their written history any more

than they can trust each other. The wild Ooruni is still hunted, but only by particularly promising young officers of the army as a final test of valor and endurance. The task is to kill one, using only a small dagger; the dead beast is then butchered, and a great feast given for that officer and his friends, as he is accepted into the ranks of the Imperial Guard. It is from among such officers that battle cruiser commanders are chosen.

Cyrano's rambling account of Klingon history helped us make sense of the cookbooks we found with the construction workers. The book itself gave us some clues, but Cyrano's information filled in the gaps, and gave us a better picture of which dishes were feast and which were everyday fare.

KIROS KAI FAKI

(Pigs' Feet and Pea Soup)

This is a home-style dish that would probably be made of the parts of the beast not used for more elegant concoctions. Klingon entertaining is not, as far as we can tell from the cookbook and Cyrano's odd bits of information, done strictly for the enjoyment of it. In fact, it smacks of the ancient Potlatch traditions of the Tlingit, who inhabited the Pacific Northwest many centuries ago. The Klingon host is out to show off, through his entertaining, just how powerful he is, and how much wealthier than his neighbors he is. He also expects his guests to invite him to fancier dinners than he has given. It all turns into a vicious circle, with the members of the ruling classes constantly trying to outdo each other.

I rather suspect, that without this particular piece of vanity, the Klingons would long ago have been a far worse threat than they are thus far—their habit seems to absorb a significant amount of time and resources that might otherwise have been turned outward, against the rest of the Galaxy.

At any rate, here is one of their simpler, stick-to-the-ribs type foods. The recipe yields a thick soup, which is served first; the meat cooked in it is served second with a sour vegetable salad. This makes a good meal for 4 people.

What you need:

INGREDIENTS:

2½ pounds fresh pigs' feet or pork hocks
Salt
1 pound yellow split peas
1 medium onion, chopped
2 quarts water
Butter

UTENSILS:

Medium-sized bowl or pot to soak the feet in
Another bowl to soak the split peas in
8-quart pot with lid

What to do:

The night before you plan to make this soup, soak the feet or hocks in brine (1 tablespoon salt per quart of water). They should be completely covered. Put the split peas to soak in plain cool water. There should be about 2 inches of water over the peas—they will swell quite a bit. The meat should be put in the refrigerator overnight; the peas may be, too, but it is less important.

In the morning, take the meat out of the brine, put it in the 8-quart pot, add the peas, onion and 2 quarts of fresh water. Bring to a boil. Skim off any foam that comes to the top, then reduce the heat and simmer for about 6 or more hours, stirring occasionally so the peas do not stick to the bottom of the pot. The meat should be falling off the bones, and the soup should be quite thick and fairly smooth.

To make it quite smooth, you may strain it, or run it through a blender. Add salt, if necessary, and serve with a small pat of butter in the center of each bowl.

OORUNI KAPIKI

(Pork and Sauerkraut Goulash)

This is the main dish served at the Initiation Feast to the Imperial Guard. It goes back to the days when food was cooked in earthen pots or hide pouches. The Klingons make it from the choice shoulder cuts of the Ooruni and well-aged, fermented vegetables. Since these ingredients are not available to us, pork and sauerkraut, as the nearest equivalents, will have to do. This recipe will serve 6 to 8 people.

What you need:

INGREDIENTS:

2 tablespoons oil
1 medium onion, chopped
2 to 2½ pounds lean pork, cut into large bite-sized cubes
3 (1-pound) cans sauerkraut
2 cups sour cream
Sweet Hungarian paprika

UTENSILS:

12-inch skillet with lid

What to do:

Heat the oil in the skillet and fry the onion until golden. Then add the pork cubes, increase the heat and brown them lightly. Reduce the heat to simmering temperature. Drain the sauerkraut thoroughly and add it to the meat and onion. (If you like less strongly flavored sauerkraut, rinse it under running water in a large strainer and drain very well before adding to the meat mixture.) Simmer the meat and sauerkraut together, covered for about 45 minutes, or until the meat is tender.

If the meat and sauerkraut mixture has become very juicy in cooking, you may wish to pour off a little of the extra liquid, or simmer it with the lid off to evaporate some of it. Usually, there is extra liquid only if the sauerkraut was not thoroughly drained.

Then, stir in the sour cream, dust liberally with the Hungarian paprika, and serve immediately. Ooruni Kapiki may be served with mashed potatoes.

GARGARA DAKRIA

(Onion pie)

This Klingon dish is best served with a salad and a sweet dessert. When I first looked over the Klingon cookbook, I happened to see this recipe, and remarked at the time that it seemed to be one of the less likely prospects for a good thing. One of the construction workers who overheard me assured me that it really was quite edible—and really not so strange after the first try. I decided to try it out, and much to my surprise I found that quite a few people were enthusiastic about it. The recipe will provide 6 to 8 servings.

What you need:

INGREDIENTS:

- Piecrust pastry to line 1 (9-inch) pie pan (see page 27)
- 1/8 pound bacon (about a 1-inch cut right across a pound pack of sliced bacon)
- 2 tablespoons butter or margarine
- 1 1/4 pounds Spanish onions, coarsely chopped (about 4 1/2 cups)
- 3 large eggs
- 1 cup whipping cream or commercial sour cream (1/2 pint)
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/16 teaspoon ground nutmeg (a goodly sprinkling)

UTENSILS:

- 9-inch pie pan
- 10-inch frypan
- Small bowl (1- or 1 1/2-quart size)
- Rolling pin and waxed paper
- Wire whisk or eggbeater

What to do:

Following the recipe on page 27, mix up enough piecrust dough to line a 9-inch pan (half the recipe). Roll it out, line the pan and decorate or flute the

edges. Wash and dry the small bowl in which you mix the dough and have it ready to use again.

Cut the bacon into small bits and fry it until it is lightly browned. Add the butter, let it melt and then add the onion. Stirring often, fry the onion with the bacon until the onion is soft and golden. Remove from the heat and let cool while you mix the custard part.

Put the eggs, cream, salt, pepper and nutmeg in the bowl and beat together with a whisk or eggbeater. Spread the cooked onions and bacon in the pastry lined pie pan. Pour the custard mixture over them. With a spoon, even the contents of the pie pan out, if necessary. Bake at 375°F. for about 40 minutes, or until the custard is set and golden brown and the crust is also browned. Cut the pie into 6 to 8 wedges and serve hot.

SEETOS LAGON

(Potato Salad)

This is one of the sour salads that are served with Kiros Kai Faki. It may be served hot or cold according to your preference, but the Klingons usually serve it hot. This recipe serves 4 to 6 people.

What you need:

INGREDIENTS:

6 medium potatoes (about 2½ pounds)
About ½ cup salad dressing (see the recipe for Tomato and Sybo Salad on page 117, it makes just the right amount of dressing)
1 tablespoon vinegar
3 or 4 green onions, chopped (about ½ cup)
¼ cup chopped parsley
A pinch of dried basil (about ⅛ teaspoon)
1 tablespoon butter or margarine
3 eggs

UTENSILS:

2-quart saucepan with lid
10-inch frypan
3-quart bowl to mix the salad in
Fork or eggbeater

What to do:

Scrub the potatoes and put them on to boil in the saucepan with enough water to cover them. Bring to a boil, reduce the heat and simmer until they are tender, about 30 minutes or so.

While they are cooking, mix the salad dressing according to the recipe in Scotty's section—Tomato and Sybo Salad, adding an extra tablespoon of vinegar to the dressing.

Clean and slice the green onions and set them aside. Wash and chop enough parsley to make ¼ cupful when it is chopped.

When the potatoes are tender, drain them and run cold water over them until they can just be handled. Drain them and peel them. Dice them into ½-inch pieces. Add the onions, parsley and salad dressing, along with the pinch of basil. Mix gently and set aside.

In the frypan, melt the butter; beat the eggs together with a fork or eggbeater and pour them into the pan. Cook until one side is lightly browned and the top has begun to set. Slide out onto a plate, flip back into the pan and cook the second side. Slice the omelet into thin strips and cut the strips into short lengths. Add the egg pieces to the salad and mix again, gently.

Serve immediately, or keep warm in the oven (200°F., or less) until you are ready to serve. If you wish to serve it cold, chill for several hours in the refrigerator before serving.

LAKANA

(Cabbage Salad)

This goes well with Gargara Dakria (Onion Pie) and Kiros Kai Faki (Pigs' Feet and Pea Soup). It is rather similar to our coleslaw. This should be enough for about 4 people.

What you need:

INGREDIENTS:

3 cups shredded cabbage, red or white
1 cup shredded carrots
¼ cup thinly sliced green onions
6 tablespoons sour cream
¼ cup wine vinegar
3 tablespoons sugar
1 teaspoon salt
½ teaspoon prepared yellow mustard
½ teaspoon dried dill weed

UTENSILS:

Grater
Mixing bowl (about 3-quart size)
Small bowl for mixing dressing

What to do:

Remove any outer damaged leaves from the head of cabbage. A 2 pound head of cabbage will produce 5 or 6 cups of shredded cabbage. Peel 2 or 3 carrots. Using the side of your grater that has round holes, grate both the cabbage and the carrots. Measure out 3 cups cabbage and 1 cup carrots and put them in the mixing bowl. Clean about 3 to 4 green onions and slice them, using about 2 inches of the green tops, too. Add to the bowl.

Measure the sour cream, vinegar, sugar, salt and mustard into a small bowl. Stir until well mixed. Sprinkle the dried dill over the vegetables, pour on the dressing and mix well. Chill before serving, if you wish.

AAKTAY

(Steamed Bread)

Cyrano's version of Klingon ancient history has old-time cooks steaming their bread in hide pouches. Later they became sufficiently civilized to make and use clay pots. Today, elegantly shaped molds are used. The finished loaves are served at festive occasions.

What you need:

INGREDIENTS:

1 cup white cornmeal
1 cup whole wheat flour
1/2 cup Kellog's Bran Buds or other all-bran cereal
1 teaspoon cinnamon
1/2 teaspoon ginger
3/4 teaspoon salt
1 1/2 teaspoons baking soda
1/2 cup chopped walnuts
1/2 cup chopped dates
2/3 cup powdered skim milk
1 1/2 cups buttermilk
1/2 cup honey
1/2 orange, unpeeled
1 cup chopped or diced rhubarb (stems only, the leaves are poisonous)
Butter or margarine to grease the molds

UTENSILS:

3-quart mixing bowl
Blender
2-quart mold, or any combination of smaller ones adding up to about 8 cups (empty tin cans are fine)
Aluminum foil and rubber bands
Large pot with lid and rack to keep the molds off the bottom of the pot
Pair of lined rubber gloves (nice, but optional)

What to do:

Mix together in the bowl all the dry ingredients including dates and walnuts (leave out only the buttermilk, honey, orange half and rhubarb). Put the buttermilk and the honey in the blender. Wash an orange, cut off any price or brand marks and cut it in half. Cut the orange half into chunks and add it to the blender, being sure that you have removed all the seeds. Run the blender until the orange chunks are chopped into little bits. Now add the buttermilk-honey-orange mixture, along with the rhubarb chunks, to the dry ingredients and mix well.

Pour immediately into greased molds, filling each mold no more than two-thirds full. Cover the filled molds with aluminum foil, and secure the foil with rubber bands. Place them in the large pot, on some kind of a rack so they are not touching the bottom of the pot. Pour in hot water until the bottom inch or two of the molds is covered. Bring to a boil and keep the water boiling gently for about 1½ hours.

The pot should be covered and there should be a little steam escaping at all times. Check the pot occasionally to make sure that there is enough water left.

At the end of 1½ hours, check with a skewer, right through the foil. If it does not come out clean, cook for another half hour and recheck. When the loaves are done, put on your rubber gloves and lift the hot molds out of the pot. When you are ready to serve, uncover a mold, shake the loaf out onto a breadboard and slice it. Serve warm with butter or cream cheese.

Note: The most convenient molds for steaming the bread are clean tin cans, with one end cut out completely. For the recipe given here, use:

2 (37-ounce) cans (4-inch diameter by 5½ inches high), *or*

3 (27-ounce) cans (3⅜ inch diameter by 5½ inches high), *or*

3 (30-ounce) cans (4-inch diameter by 4⅝ inches high), *or*

5 (16-ounce) cans (3-inch diameter by 4⅜ inches high)

Ounces here refer to net weights given on the can labels.

BERENA

(Gingerbread)

This is a feast-style Klingon dessert, and one that not only the Klingons can enjoy. According to Cyrano's explanation, the sweetening for it is derived from the sap of a rather frilly looking desert succulent. Molasses seem to be a close equivalent, so that is what is recommended here. The finished cake is often served with lemon-flavored whipped cream.

What you need:

INGREDIENTS:

Margarine for greasing the ring mold and flour for dusting it
1/2 cup margarine or butter (1/4 pound)
1/4 cup sugar
1 egg
1 cup dark molasses
1 cup boiling water
2 1/3 cups flour
1 1/2 teaspoons ginger
1 teaspoon cinnamon
1/8 teaspoon cloves
1/2 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon baking soda

UTENSILS:

3-quart mixing bowl
Smaller bowl for dry ingredients
2-quart ring mold (metal, of course) or a baking dish about 9 x 9 x 2 inches

What to do:

Preheat oven to 350°F. Grease your ring mold or baking dish and dust it with flour, shaking it to coat it evenly with flour. Dump out any excess flour.

Mix together the margarine and sugar in the mixing bowl. Add the egg and beat it in well. Next, stir in the molasses. Then measure the boiling water in the molasses measuring cup and add it to the mixture, stirring well.

Measure all the dry ingredients into the smaller bowl, starting with the flour and ending with the baking soda. (You may want to run the soda through a small strainer to break up any lumps, or perhaps just powder it with your fingers.) Stir all the dry ingredients together, then mix thoroughly into the liquid. Pour immediately into the prepared ring mold or baking dish.

Bake for 40 to 45 minutes, or until a skewer stuck into the cake comes out clean. If you are using a ring mold, let the cake cool for about 5 minutes, then unmold onto a plate.

WHIPPED CREAM FOR BERENA:

1 cup whipping cream (1/2 pint)
1/4 cup sugar
1/4 teaspoon lemon extract

Small bowl
Eggbeater

To make the whipped cream, put the chilled cream in the small bowl (preferably chilled ahead of time), add the sugar and lemon extract and beat with the eggbeater until it is stiff.

CAPTAIN KIRK

Life had been more hectic than usual aboard the Enterprise, and I hesitated to bother Captain Kirk with a request for his favorite recipes. As it turned out, I didn't have to. One morning I found a small packet tied in bright ribbons on my desk. Dr. McCoy had a knowing smile on his face, but would not, even under the most indirect, guileful questioning, give me any clue as to how it go there. When I opened it, out fell a bunch of recipes, done in the most outrageous handwriting. I was amused, and impressed that someone would take that much trouble to play a good-natured prank on me.

Nowhere on any of the papers was there any indication of the author's identity. I puzzled over it for a while until it finally dawned on me that these were recipes for the sort of thing the Captain liked; at least some were for things I had been requested to get for him when he was in sickbay or too tied up with Klingons to be able to leave the bridge. I decided to go along with the game and see if I couldn't maneuver him into giving himself away. My most persistent attempts were met with a wide-eyed, innocent "Who, me?" look, but I thought I detected a slight smile. One of the recipes happened to be for Raspberry Shortcake, something I didn't remember having seen him eat.

A couple of days later, when he came down to sickbay to inquire of Dr. McCoy how much longer crew physicals were due to last, I casually asked Captain Kirk why he had not requested raspberry shortcake more often, since it was one of his favorite

desserts. For an instant he was off guard—and answered that he had either forgotten or been too busy when berries were ripe down in Hydroponics. He realized instantly what he had done, and the three of us had a good laugh over it.

THE GOULASH NEXT-DOOR

When Captain Kirk was young, his next-door neighbors at home in Iowa were Hungarian and had a son about his age. He got to like the goulash served in their kitchen, since his friend often invited him to stay for lunch, before the two of them set off for a Saturday afternoon of exploring together. Even after his mother started serving it at home, he still called it the goulash next-door. This serves 6 to 8 people.

What you need:

INGREDIENTS:

- 3 tablespoons cooking oil
- 1 pound veal, cut into bite-sized chunks (about 1-inch cubes)
- 1 veal kidney, cut into 1-inch pieces about ½ inch thick
- 1 pound stewing beef, cut into bite-sized chunks (about 1-inch cubes)
- 1 large onion, chopped (1 cup or more)
- ½ cup flour
- 1 (16-ounce) can tomatoes
- 3 ounces tomato paste (half of 1 6-ounce can)
- 2 teaspoons salt
- ⅛ teaspoon freshly ground black pepper
- ¼ teaspoon powdered thyme
- ½ teaspoon dried marjoram
- 1 tablespoon sweet Hungarian paprika
- 2 cups hot water
- ½ pound fresh mushrooms, sliced
- 1 cup sherry
- 1 teaspoon cornstarch (optional)
- 1 pound medium egg noodles (about ¼ inch wide before cooking)

2 to 3 tablespoons butter or margarine
Whole poppy seeds
Tart cooking apples for stewed apples (about 2 per person)

UTENSILS:

12-inch frypan or a 4-quart pot with lid for the goulash
4- or 6-quart pot for cooking the noodles
2-quart pot with lid for cooking the apples
Colander

What to do:

Put the oil in the large frypan or 4-quart pot and heat it. Add the meats and brown them all over, stirring often. Add the onion and flour. Cook all together until the flour browns. (It will stick to the bottom of the pan, so be careful to stir it constantly so that it does not get too brown, or even black.) Then add the tomatoes, tomato paste and seasonings, the hot water and the mushrooms. Simmer for about 1½ hours, or until the meat is tender.

Add the sherry, and serve. If the sauce appears too thin before you add the sherry, add about one-half or two-thirds of the sherry, and mix a teaspoon or so of cornstarch in the rest before adding it to the goulash. Cook for several minutes until the sauce is thickened.

Cook the noodles according to the directions on the package, or in 3 quarts of boiling water with 2 tablespoons salt. Use the 4- or 6-quart pot and keep the water boiling. The noodles should cook from 5 to 10 minutes in the boiling water. When the noodles are soft, drain them in a colander, transfer them to a serving dish and stir in the butter. Sprinkle with poppy seeds, mix lightly and sprinkle again with poppy seeds.

To make stewed apples, peel and core 2 medium-sized apples for each person. Each apple should be cut into 8 slices. Put the apple slices in a saucepan with very little water, ¼ cup at the most.

Cook them over very low heat until they are soft. Do not add any sugar to them.

Serve the goulash, the noodles and the apples, each in its own dish.

STEAK

Captain Kirk is a great steak fan. First choice with him is a steak grilled over a charcoal fire or an open wood fire. But a close second is steak with a brush-on sauce that takes equally well to frying. With steak he likes baked potatoes, corn pudding and coleslaw. This will provide 8 servings.

What you need:

INGREDIENTS:

4 tablespoons butter or margarine
4 teaspoons sweet Hungarian paprika
2 tablespoons dry mustard
1 teaspoon salt
1 teaspoon freshly ground black pepper
4 teaspoons Worcestershire sauce
4 pounds beef fillet (filet mignon), trimmed of most of the fat (you will probably have to buy 5 pounds or more, untrimmed)
2 tablespoons cooking oil

UTENSILS:

12-inch frypan with lid
Small dish or bowl

What to do:

In a small dish or bowl, mix together the butter and dry spices. Add the Worcestershire sauce and mix in well. You should have a fairly thick paste.

Cut the meat into 8 serving-sized steaks, allowing about ½ pound, or a bit less, per person. The steaks should be about an inch thick. Spread one side of each steak with the sauce.

Heat the oil in the frypan and put the steaks in, sauce side down. Now spread the tops of the steaks with the remaining sauce. Fry them for about 5

minutes to a side, keeping the heat just low enough so that the steaks brown, but the pan drippings do not turn black.

Cut a small slit in one of the steaks to see how well done it is. If it is too rare for your taste, turn the steaks and cook each side a couple of minutes more. Check again and repeat if necessary. Serve as soon as the steaks are done.

DEVILED POTATOES

(Stuffed Baked Potatoes)

These are sometimes called Klingon potatoes aboard the Enterprise. The recipe came to the Enterprise from Captain Kang's crew of Klingons. An evil entity had trapped his crew and us together and had come close to hounding us all into an eternity of senseless bloody conflict. With help from Mara, Kang's wife, Captain Kirk persuaded Kang and his crew to join in laughing the entity out of power—and off the ship. We were then free to take the Klingons back to their own ship.

Having found honest cooperation so successful and satisfying, Captain Kang and his crew were downright friendly on the way back. Of course it didn't last: They were enemies under truce again the minute they got back on their own ship. But on the way back, we each served the other a home-style supper. These potatoes were one thing that really caught Captain Kirk's fancy, and they have been popular on the Enterprise ever since. This will serve 4.

What you need:

INGREDIENTS:

4 large baking potatoes (Idahoes, russets or any other sound ones—2 pounds or more, total)
1/4 pound bacon or smoked beef blade

1 cup shredded sharp cheddar cheese (about 3 ounces)
⅓ to ½ cup thinly sliced green onions
½ cup diced pimiento (4-ounce jar, drained)
½ teaspoon salt

UTENSILS:

Grater
10-inch frypan
3-quart mixing bowl

What to do:

Scrub the potatoes thoroughly, and preheat the oven to 350°F. Check the potatoes for blemishes and cut out any parts that don't look good. With good Idaho or russet potatoes, there is usually nothing to cut out. Poke the tip of a paring knife into each potato in two places. Put them on the rack or shelf in the center of the oven and bake for about 1 hour, or until the potatoes can easily be pierced with a fork.

While the potatoes are baking, dice the bacon into ¼-inch pieces and fry until crisp. Remove from the fire and leave it, and the melted fat, in the pan. Shred the cheese on the side of the grater with round holes, slice the green onions, dice the pimiento and set them all aside.

When the potatoes are done, take them out of the oven and cut an oval hole in the top of each one. Scoop out the insides of the potatoes into the mixing bowl. Add the bacon and its melted fat together with all the rest of the ingredients. Mix well. Refill the baked potato shells with the mixture, reheat a few minutes in the oven, if necessary, and serve.

CORN PUDDING

This is a hometown favorite that Captain Kirk has liked for a long time. It is equally appropriate for a side dish in a full course dinner or as a main course for a home-style supper.

What you need:

INGREDIENTS:

2 eggs
1½ cups milk
3 tablespoons flour
2 tablespoons melted butter
1 teaspoon salt
Pepper to taste (not over ⅛ teaspoon)
1 tablespoon sugar
2 cups frozen cut corn

UTENSILS:

Blender
1½-quart baking dish with cover

What to do:

Put all the ingredients except the corn in the blender and blend for about 20 seconds. Then add the corn and blend for another 20 seconds to chop the corn. Grease the baking dish, pour in the mixture and cover. Bake at 350°F. for about 40 minutes. A knife stuck in the center should come out fairly clean. Let stand a few minutes before serving.

This amount should serve 4; to serve 8, double the recipe and use a 2½-quart baking dish. You should put half of the doubled recipe in the blender at a time. The double recipe will also take about 10 to 15 minutes longer to cook.

THE TRIBBLE'S BANQUET

(Captain Kirk's Chicken Sandwich)

On that fateful day, off Space Station K-7, the chicken sandwich Captain Kirk ordered never got to him. Somewhere between the synthesizer and its final destination, it got into tribble . . .

However, if you want to recreate the Tribble's Banquet, the following directions should give you no tribble at all.

What you need:

INGREDIENTS:

SANDWICH MAKINGS:

1 serving-sized piece of cooked chicken per sandwich (1 thigh or ½ chicken breast or 2 drumsticks)
1 ounce sliced Swiss cheese per sandwich
1 ounce sliced corned beef per sandwich
2 slices rye bread
2 to 3 large spoonfuls of cole slaw per sandwich
Seasoned salt to taste

COLESLAW: (ENOUGH FOR MORE THAN 4 SANDWICHES)

2½ to 3 cups shredded cabbage (about ¾ pound, trimmed)
¾ cup shredded carrots (1 or 2 carrots, pared or scraped)
¼ cup (scant) sliced green onions
⅓ cup mayonnaise
1 tablespoon lemon juice (optional)
Seasoned salt to taste

UTENSILS:

3-quart mixing bowl
Grater
Pot with lid to fit the amount of chicken you are cooking

What to do:

Cook and chill the chicken ahead of time. For 4 to 6 pieces of chicken, use a 2-quart pot, add 2 cups of water and ½ teaspoon seasoned salt. Bring to a boil and simmer for 40 minutes or more, until the chicken is thoroughly tender. For more than 6 pieces, use a larger pot and proportionately more water and seasoned salt.

Next make the coleslaw. Shred the cabbage and carrots, using the side of the grater with round holes. Clean and trim the green onions and slice them thinly. Mix the vegetables together in the bowl, then

add the mayonnaise and lemon juice, if desired. Mix together thoroughly. Season to taste with seasoned salt.

To make the sandwiches: Put a slice of Swiss cheese and a slice of corned beef on a slice of bread. Take the meat from the bones of 1 chicken piece and spread it over the corned beef. Sprinkle with seasoned salt, cover with 2 to 3 large spoonfuls of coleslaw and top with a second slice of bread. Cut the sandwich in half and serve (with a pickle, if you wish).

HARVEST PUMPKIN BREAD

(Steamed Pumpkin Bread)

This old-time favorite is spicy and substantial. Captain Kirk told me that when he was a boy still at home, it was often served warm with vanilla ice cream for dessert, or just with butter as a snack.

What you need:

INGREDIENTS:

1 cup whole wheat flour
1 cup white cornmeal (see note)
1 cup quick-cooking (not instant) rolled oats
½ cup Kellog's Bran Buds or other all-bran cereal
1 cup brown sugar
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1½ teaspoons cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon cloves
1 cup chopped dates
½ cup chopped walnuts
2 cups canned pumpkin
¼ cup cooking oil
1½ cups buttermilk

UTENSILS:

3-quart mixing bowl
Blender
2 (37-ounce) cans or 3 (27-ounce) cans for steaming the bread (cans are 4 inches diameter by 5½ inches high—37 ounces, or 3⅜ inches diameter by 5½ inches high—27 ounces)
Large (8-quart or so) pot with a well-fitting lid
Rack of some sort to keep the cans off the bottom of the pot
Aluminum foil and rubber bands
Lined rubber gloves (optional)

What to do:

Grease the cans and put the rack in your large pot. Add water to the pot to a depth of about 3 inches. Cover the pot and put it on to heat slowly.

Put all the dry ingredients, including the chopped dates and nuts, in the mixing bowl; mix with your hands to break up any lumps of sugar, soda or stuck together dates. Put the canned pumpkin, oil and buttermilk in the blender and run for perhaps half a minute until it is well mixed. Pour it into the dry ingredients and mix well.

Pour or spoon immediately into the cans, dividing it evenly between them, filling each one no more than two-thirds full. Cover each can with aluminum foil and secure the foil with rubber bands. Place the filled cans in the pot of by now hot water, bring to a boil and keep it boiling enough that there is always a little steam escaping from the covered pot.

Steam the bread this way for about 1½ hours, or until a skewer stuck in the center comes out clean. Put on a pair of lined rubber gloves if you have some handy (it is one of the easiest ways to handle things that are hot, but not hotter than boiling water) and lift the cans out of the pot. Wait about 10 minutes before unmolding the bread.

Any bread that you do not wish to serve immediately may be stored in the refrigerator right in the can. I would recommend changing the foil cover for a plastic one, since contact with food tends to corrode foil.

Note: If you have only self-rising white cornmeal, go ahead and use it in place of the plain meal, *but:* omit the teaspoon of baking powder and only use ½ teaspoon salt, since the self-rising meal contains both salt and baking powder.

OSKALOOSA LOG

(Walnut Cheese Spread)

This is a variation on an old family recipe. At a family reunion, some years before the trouble on Deneva, Captain Kirk's nephew Peter, who was a lad of five or six at the time, wanted to make something to please his uncle. Peter enlisted his grandmother's help and together they made up this cheese spread, with Peter doing most of the work. He and his grandmother called it Oskaloosa Log to make it sound grand (and because they had bought the ingredients for it at an Oskaloosa market). Peter was very pleased when he found that everyone, including his Uncle Jim, liked it.

What you need:

INGREDIENTS:

1 (8 ounce) package cream cheese
1 tablespoon finely chopped onion
2 tablespoons finely chopped parsley
1 to 2 tablespoons mayonnaise
½ cup chopped walnuts (or more if you wish)

UTENSILS:

Small mixing bowl (1½-quart size)
Plastic wrap

What to do:

Take cheese out of the refrigerator, upwrap and let it warm up to the point where it can be worked

with a spoon but is not yet very sticky. In the bowl, combine it with the onion, parsley, mayonnaise and a quarter or less of the chopped walnuts. Mix thoroughly and shape the mixture into a log (it will probably be a bit sticky by now).

Put the rest of the walnuts on a plate and roll the log in them, coating it all over with chopped nuts. Put the finished log on a serving plate, cover with plastic wrap and chill before serving. Serve with whole wheat wafers or other crackers.

RASPBERRY SHORTCAKE

Our very efficient, cosmopolitan Captain Kirk, who eats caviar and truffles with diplomats and other such galactic VIP's, is still provincial enough to really enjoy down-home Iowa country-style cooking. I think his all-time favorite is Raspberry Shortcake made with light, flaky biscuits. This recipe will serve 8.

What you need:

INGREDIENTS:

SAUCE:

1 pint frozen black raspberries, *or*
2 (10-ounce) packages frozen red raspberries
⅓ cup water
¼ to ⅓ cup sugar
4 teaspoons cornstarch, mixed in ¼ cup water

BISCUITS:

2 cups flour
1 teaspoon salt
5 teaspoons baking powder
6 tablespoons cooking oil or buttery flavored oil
1 cup milk
Butter

WHIPPED CREAM:

1 cup whipping cream (½ pint)
¼ cup sugar
¼ teaspoon vanilla

UTENSILS:

3-quart mixing bowl for making the biscuits
2-quart saucepan for cooked berry sauce or a bowl for fresh berries
Cookie sheet
Small bowl for whipping the cream
Eggbeater

What to do:

Start with the berry sauce: put the frozen berries in the saucepan, add the water and sugar. Cook gently until it begins to boil; add the cornstarch mixed in water and cook at low heat until it thickens. Keep warm but do not continue cooking it.

Instead of a berry sauce you may use fresh fruit when it is available. Use 1 quart of fresh red or black raspberries. Wash and drain them, put them in a bowl and stir in ½ cup sugar. Let them stand in the refrigerator for at least 30 minutes before spooning them over the buttered biscuits.

Next the biscuits: preheat the oven to 400°F. Put the flour, salt and baking powder in the 3-quart bowl. Stir it around to mix it together. Add the oil and milk. Stir vigorously until the ingredients are thoroughly mixed and the dough feels springy. This amount of dough should make 8 good-sized biscuits. Spoon the dough into 8 mounds on an ungreased cookie sheet and bake for about 15 minutes, or until the edges and irregularities on the biscuits begin to get golden brown. Most of the surface of the biscuits should still look white. Take them out of the oven, split them and butter both halves of each biscuit.

In each of 8 bowls, put 2 biscuit halves, buttered side up. Spoon one-eighth of the berry sauce into each bowl and top with one-eighth of the whipped cream.

To make the whipped cream, put the chilled cream in a small bowl (preferably chilled ahead of time), add the sugar and vanilla and beat with the eggbeater until it is stiff.

SCHWARZWALDER TORTE

(Chocolate Cake with Whipped Cream Frosting)

I was surprised to find this Bavarian chocolate cake among Captain Kirk's acknowledged favorites. I know he likes it—I've seen him eat one slice after another till half the cake is gone—but he complains so bitterly about the low-calorie fruit salad and cottage cheese diet that he ends up following for a couple of days at Dr. McCoy's pointed recommendation.

What you need:

INGREDIENTS:

CAKE:

- 4-ounce bar German sweet baking chocolate*
- 1 1/4 cups flour
- 4 ounces blanched slivered almonds (about 1 cup)
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 6 tablespoons butter or margarine
- 1 cup sugar
- 3 eggs
- 1 1/2 teaspoons vanilla
- 1/2 cup water

FROSTING:

- 1/2 cup cold water
- 1 envelope unflavored gelatin (recently purchased)
- 3/4 cup sugar
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 3 cups whipping cream (3 half pints)
- About 1 ounce of German sweet baking chocolate for garnish

UTENSILS:

- 3-quart mixing bowl
- 2 other bowls or containers, such as saucepans, each of which has a 2-quart capacity
- 2 (9-inch) round layer cake pans

* If you like a darker, stronger flavored cake, substitute 4 ounces of semisweet or unsweetened baking chocolate for the German sweet chocolate.

Electric mixer (eggbeater) or hand eggbeater with enough helpers to work relays
Large strainer
Vegetable peeler
Long-bladed knife
Cake cooling racks
Blender
Grater
Metal measuring cup or very small saucepan for melting the gelatin

What to do:

THE CAKE:

Using the finest set of sharp teeth on your grater, grate the 4-ounce bar of chocolate into one of the 2-quart containers. Measure out the flour. Put ¼ cup flour in the blender and add half the slivered almonds. Run the blender until the almonds are ground up—20 or 30 seconds. Pour the flour and almond mixture into a large strainer over the container with the grated chocolate in it. Stir and shake until there are only coarsely chopped bits left, and all the finely ground nuts and flour have gone through.

Put another ¼ cup flour in the blender, add what is left in the strainer and the rest of the almonds. Run the blender again, strain the contents and repeat using a few tablespoons of flour and the remaining coarse bits from the strainer, until you have gone through all the flour, and there is perhaps a small spoonful or less of coarse almond bits left. Discard (eat?) them; you now have 1¼ cups flour and very nearly 4 ounces of finely ground almonds in the same container with the grated chocolate. (It would be a lot easier just to use 4 ounces of ground almonds, but prepackaged ground nuts are usually at least slightly rancid.) Add the salt and baking powder. Mix it all together.

In the other 2-quart container, combine the butter and sugar. With the back of a large spoon, mash them together until you have a smooth mixture

which hangs together and is not just a lot of loose crumbs. Break an egg over the 3-quart bowl, carefully opening it so that only the white can drop into the bowl. The yolk should remain in one of the shell halves. Pour the yolk back into the other half, allowing as much of the white as possible to drop into the bowl. When all the white is separated from the yolk, drop the yolk into the sugar-butter mixture. Repeat for the other 2 eggs.

Stir the yolks into the mixture, add the vanilla. Then add ¼ cup water and half the dry ingredients. Mix well, add the remaining ¼ cup water and the rest of the dry ingredients. Mix very thoroughly; you should have a fairly thick batter now.

Grease the 2 cake pans and dust them with flour. Beat the egg whites in the 3-quart bowl, and when they are stiff and form peaks when you pull the beater out, pour the batter in on top of them. Very carefully fold it into the egg whites. Use an over-and-under cutting motion, but *do not* stir round and round. The idea is to get the batter mixed into the egg whites uniformly without breaking any more of the egg white foam than is necessary.

Divide the batter between the 2 pans and smooth it out to form a layer of fairly uniform thickness in each pan. Bake at 300°F. for about 30 minutes, or until a skewer stuck in the cake comes out clean. When they are done, let them cool for about 10 minutes, and then carefully remove them to cake cooling racks. Let cool completely. The one requirement for the cake is that it be soft and light—otherwise when it is frosted with whipped cream, cutting it will squeeze the frosting out from between the layers.

QUICK VERSION OF THE CAKE:

1 German chocolate cake mix (18.5-ounce package)
3 eggs
1⅓ cups water
4 ounces blanched slivered (or whole) almonds

Pour the cake mix into a 3-quart mixing bowl. Use some of the dry cake mix to grind up the almonds in the blender. Follow the directions given above for grinding them, substituting cake mix for flour; strain the ground nut-cake mix mixture into a separate container. When all the almonds are ground up (again you will end up with a little bit of leftover coarse pieces) mix all the dry part together in the mixing bowl.

Add 3 whole eggs and the water, mix according to the directions on the cake mix box: beat several minutes at medium to high speed with an electric mixer. The batter will be a bit thicker than a cake mix usually is. When it is done, it should be handled in the same way as the non-mix cake.

THE FROSTING:

Put the ½ cup water in a metal measuring cup. Pour the gelatin into it slowly, stirring carefully to prevent lumps. Continue stirring occasionally for a few minutes while the grains swell and soften. Put the cup on the stove and heat until the swollen gelatin melts. It must be clear and free flowing like water, with not a trace of thickness or graininess. (It may look a bit foamy, perhaps.) It is better not to boil it, but get it hot enough so that the cup is quite hot to the touch. Keep it warm while you get the beater and cream ready.

Put the sugar, salt and vanilla in the 3-quart bowl and chill it. Use 3 cups heavy whipping cream. (Fresh pasteurized cream tastes best, "Ultra-pasteurized" medium long keeping cream is second choice, and the sterilized, bottled, long keeping cream with stabilizers is a poor third.)

Take the very cold cream from the refrigerator and pour it over the cold sugar. Beat. As soon as the sugar is all mixed in, and there is no more caked sugar on the bottom, pour in the hot gelatin solution (reheat, if necessary) in a thin stream where the beater will mix it in before the cold of the cream has

time to congeal it. Keep the beater blades nearly immersed to beat in air as fast as possible. Whipping this much cream can take a long time, so in warm weather don't try this unless you have a mixer that is high powered and fast enough to get the job done before the cream has a chance to warm up.

Cut each layer of the cake in half with a long-bladed bread knife to make a total of 4 cake layers. Spread about one-fifth of the whipped cream between each layer, leaving two-fifths for the top and sides. When it is all covered, take the extra ounce of German baking chocolate and with a vegetable peeler shave off chocolate curls onto the top of the cake. Try to cover the top evenly with the curls—this means mostly staying out around the edges and finishing up at the center. You will probably need about half an ounce of chocolate to make a nice sprinkling of curls.

If you have a cake cover that fits your serving plate, and a lot of space in your refrigerator, you can make this cake many hours ahead of time; otherwise try to finish whipping the cream no more than two hours before you want to eat the cake. With a cake that is so much work, and so good, you want to have everything at its best.

MR. SPOCK

I knew that Mr. Spock's own favorite dishes would provide the real crowning glory for this book. An austere Vulcan he may be, but he is also half human. From his mother he inherited a taste for the finer things, which is really not in conflict with the aristocratic Vulcan traditions that shaped the other side of his character.

I was not sure he would like having his personal eating preferences made public in a cookbook, so I thought I would just check the frequency of use records in the Enterprise's food synthesizer to see what he had been eating. As soon as I saw the computer printout, I knew better. In the first place, this superbly disciplined Vulcan does not wear out his taste for, or weaken his enjoyment of his real favorites by having them often. With due allowance for this, the printout still didn't fit the person.

Dr. McCoy then reminded me that Spock's severely plain looking living quarters included simple but adequate cooking facilities, and we all know that he often likes to do things himself.

There was nothing for it but to ask him, and I'm very glad I did. He has been an immense help, both about his own favorites and also with the chapter on Vulcan. I should like to tell you that these two chapters have all the best of Vulcan cooking, but I know there are many traditional dishes which even today are eaten only on special memorable occasions and only by persons of appropriate rank. Even without them, Mr. Spock's acknowledged selection is superb.

PLOMEEK SOUP

(Orange Vegetable Soup)

In spite of Mr. Spock's one-time illogical behavior, Plomeek Soup is for eating, not throwing. It is made by blending together a great many native Vulcan vegetables; Mr. Spock has helped me translate the recipe into more readily available ingredients. Plomeek Soup is traditionally served with a spoonful of sour cream on top; this is carefully swirled out with a spoon to make a spiral shape, representative of the galaxy. The outline of the galaxy is then emphasized with very finely chopped parsley. For less festive occasions, it may be served without garnish, or it may be served with a small spoonful of butter (or margarine) in the center. The recipe makes 6 to 7 cups of soup.

What you need:

INGREDIENTS:

2 tablespoons butter or margarine
2 or 3 medium to large onions, peeled and sliced
1 pound carrots, peeled and sliced
½ pound turnips, peeled and sliced
10 ounces potatoes, peeled and sliced
5 tablespoons tomato paste
3 cups water
2 cloves garlic, sliced
2½ teaspoons salt
¾ teaspoon dried basil
¼ teaspoon nutmeg
¼ teaspoon freshly ground pepper (optional)
1 cup water, to rinse pan and blender, to be added to the soup
Sour cream for garnish
Finely chopped parsley for garnish

UTENSILS:

4-quart pot with lid
Blender and a bowl to empty it into

What to do:

In the pot, melt the butter and when it is foamy, add the onion and fry until golden. Add everything

else to the pot except the last cup water and the sour cream and parsley garnishes. Simmer, covered, for about 15 to 20 minutes, or until the potatoes and carrots are tender.

Run it all through the blender, about 1 to 1½ cups at a time. When it is all pureed, rinse the cooking pan with the cup of water and add that to the "empty" blender. Run the blender for a few seconds and then slosh the water about to get as much of the vegetable puree as possible off the sides of the blender. Add this liquid to the soup.

Pour the soup back into the cleaned out pot and reheat it before serving (use very gentle heat). Ladle into bowls. Garnish with sour cream and parsley as described above.

KEEKAR YAROK

(Cheese-Spinach Loaf in a Pastry Shell)

According to Mr. Spock, the pastry for this dish is traditionally the very fine many leaved variety known on Earth as strudel or fillo pastry. It is not everywhere available, and even on Vulcan is not always used. Piecrust pastry is the usual alternative. This should serve from 8 to 12 people.

What you need:

INGREDIENTS:

½ to ¾ pound fillo pastry leaves, plus 1 cup melted butter or margarine, *or* piecrust pastry (1½ times the recipe given on page XX, or enough for 3 (9-inch) pans) plus 2 tablespoons melted butter
2 tablespoons butter or margarine for frying the green onions
¾ cup chopped green onions
3 (10-ounce) packages frozen chopped spinach, thawed, or 2 pounds fresh spinach
½ cup chopped parsley
1 tablespoon dried dill weed
2 tablespoons farina (cream of wheat)
½ pound feta cheese, crumbled

12 ounces cottage cheese
Salt and pepper to taste
6 eggs

UTENSILS:

Small frypan (8-inch size will do)
2-quart fancy metal ring mold (use only if you are using fillo pastry) *or* a baking pan approximately 13 x 9 x 2 inches
3-quart mixing bowl
Small mixing bowl and eggbeater
Pastry brush

What to do:

If you are using fillo pastry, get it out of the refrigerator and leave it wrapped. Preheat the oven to 375°F. and start to make the filling.

If you are using regular piecrust pastry, preheat the oven to 425°F. and make the pastry according to the directions on page 27, making 1½ times the amount given there. Take about three-fifths of the dough, roll it out into a rectangle roughly 12 x 16 inches, or a bit larger, and line the 9 x 13 inch pan with it, bringing the pastry about three-quarters of the way up the sides. Reserve the trimmings and the rest of the dough to make a top crust later. Prick all over with a fork, and bake at 425°F. for about 8 to 10 minutes, or until it begins to turn golden brown. Take it out of the oven and cool. Turn the oven down to 375°F.

To make the filling: In a small frypan, heat 2 tablespoons butter and fry the green onions until they just start to turn brown. Put them in the 3-quart mixing bowl. If you are using frozen spinach (thawed), take it a bit at a time in your hands and squeeze out the excess liquid. If you are using fresh spinach, wash it, pat dry with paper towels or clean terry towels and chop it finely. Add the spinach to the onions. Add the parsley, dill weed, farina and the cheeses. Add a little pepper if you like, and a little salt, if the feta cheese has not

already provided enough. Beat the eggs in a small bowl and add to the spinach mixture. Mix together thoroughly. The filling is now ready to go into the shell.

If you are using piecrust pastry, roll out a cover for the 9 x 13 inch pan and put the filling in the baked shell. Cover with the rolled out pastry, and pinch it onto the baked shell to seal. Make a few vents in the top, and bake at 375°F. for 1 hour to 1 hour and 15 minutes. When done, cut into 9 or 12 "squares" and serve.

For a fillo pastry shell, you will need at least half a pound of sheets. If you are using a fancy ring mold, butter it and then melt about 1 cup butter in the small frypan. Open the package of pastry sheets, unfold it carefully and lay the sheets out on a flat surface. Cover them with a damp cloth to keep them from drying out and getting brittle. Take one sheet of pastry, cut it down the middle lengthwise and press a half into the buttered mold, leaving about an inch hanging out over the edge. Do the same with the other half. Use another sheet cut in halves to line the center tube part, and the bottom of the mold. Brush the whole layer with melted butter. Repeat until you have used about ¼ pound or more of the pastry, buttering generously each piece you put in. You should end up with 6 or more layers.

The object is to line the pan as neatly as possible, buttering each single layer so that the leaves of pastry will remain separate in baking. Be sure to keep the pile of pastry sheets covered when you are not taking a sheet from the stack. If you buy a pound package of sheets, you should use about ⅓ of it just to line the pan. Then, give the inner layer a brushing with butter, spoon in the filling and construct a cover for the affair in the same way you made the lining for the pan. Tuck in the edges of the lining as you put on the cover layers, being sure to brush all the edges and each layer of the top with butter. Brush the last layer especially well with the butter,

and check that the top is sealed to the bottom lining. Bake at 375°F. for about 1½ hours, or until the top is brown and you can see that the lining is getting brown, too. When done, take it out of the oven and let it cool for about 20 minutes before you unmold it onto a plate. Cut slices from it and serve.

TABSHEEL

(Potatoes and Cheese)

True Vulcan Tabsheel is made with makor tubers, but regular potatoes yield a remarkably similar dish. This will serve 4 as a main dish.

What you need:

INGREDIENTS:

2 medium onions
4 tablespoons butter or margarine
6 medium potatoes, boiled in their skins, then peeled and shredded (about 4 cups shredded potatoes)
4 ounces Swiss cheese
1½ teaspoons salt

UTENSILS:

Grater
3-quart bowl
10-inch frypan with lid

What to do:

Peel and slice the onions. Chop them coarsely and fry them in 2 tablespoons of butter until they begin to brown. Put them in the bowl. Shred the potatoes on the surface of the grater that has round holes in it. Add them to the onion in the bowl. Shred the cheese on the same surface of the grater. Add it to the potatoes and onions and mix it all together.

Melt another tablespoon butter in the pan. Spread the mixture evenly in the pan, cover and cook over medium heat until it begins to brown on the bottom. Loosen the cake from the pan (with the cheese it tends to stick here and there) and slide it out onto a plate. Flip it back into the pan after you add and melt the remaining tablespoon butter.

Cover and cook until lightly browned on the second side. Loosen it again, slide out onto a platter and serve.

YORAKAR

(Cracked Wheat and Vegetable Salad)

This salad favorite of Mr. Spock goes well with Tabsheel. He also mentioned that on very hot days it is often served as the main part of a light meal. Bread and cheese, with a cooling drink and fruit for dessert, make up the rest of the meal. This amount of salad should serve 6 to 8 people.

What you need:

INGREDIENTS:

2 cups water
1 cup cracked quadrotriticale (bulgur cracked wheat may be substituted)
1 medium cucumber
6 green onions
2 ripe tomatoes
1/2 to 3/4 cup finely chopped parsley, according to taste
Optional:
Either 12 fresh mint leaves, finely chopped, *or*
1/2 green pepper, chopped into 1/4-inch pieces
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
Juice of 2 lemons (about 3 to 4 tablespoons), *or*
3 tablespoons wine vinegar
1/3 cup olive oil

UTENSILS:

2-quart saucepan with lid
Mixing or salad bowl (3-quart size or larger)

What to do:

Bring 2 cups water to a boil in the saucepan and slowly pour in the bulgur so that the water keeps on boiling. Reduce the heat and simmer with the lid on for about 10 minutes, or until the water is all absorbed. Then take off the lid and cook for a few minutes more, stirring constantly, to dry it out a bit. Spread it on the sides and bottom of the bowl so it

can cool more quickly and put it in the refrigerator to chill it.

Meanwhile, peel and dice the cucumber, discarding the seedy center part if it is not firm. Clean and slice the green onions into ⅛-inch pieces, including about 3 inches of the green tops. Cut the core out of the tomatoes and cut them into ½-inch chunks. Wash and chop the parsley. Chop the mint or the pepper, if you are using one of them.

When the bulgur is cool, break it up with a fork until it is loose and there are no chunks more than ½ inch in size. Add the vegetables to it and mix, then add the salt and pepper, lemon juice and the olive oil. Mix again thoroughly.

Note: It is traditional to add mint or green pepper to only a part of the salad when the host is not sure of all his guests' preferences.

SHUMAR

(Fennel Au Gratin)

This delicately flavored vegetable, a native of Earth, has accidentally gone wild on Vulcan. The seeds of the plant were introduced as a spice, and some apparently fell on fertile soil. At first, it was considered only a weed, but soon it came to be appreciated by many Vulcans. It grows larger on Vulcan than on Earth, and it is a familiar sight along irrigation canals, where it grows practically untended. Mr. Spock prepares it in the following manner. This should serve 4 to 6 people as a vegetable dish.

What you need:

INGREDIENTS:

2 medium-sized stalks fennel
Salt to taste
2 ounces Swiss cheese, grated
4 tablespoons butter or margarine

UTENSILS:

2-quart (or larger) saucepan with lid

What to do:

Trim the leaves, stems and any brown parts off the bulblike base of the stalk. Cut it into quarters and take it apart into as many pieces as possible, so that it can cook quickly. Rinse it in cold water, put it in the pan with about ½ cup water and bring the water to a boil. Reduce the heat, cover and simmer for about 10 minutes, or until tender.

Drain and put it in a serving dish. Salt to taste and sprinkle with the grated cheese (grated on the larger sharp teeth of your grater). In the pan, melt the butter and when it is foamy and just beginning to brown, pour it over the fennel, covering as much of the grated cheese as possible.

TSAMAH TANOOR

(Braided Egg Bread)

According to Mr. Spock, the braiding of this traditional Vulcan bread is symbolic of the reconciliation and lasting peace which Surak achieved between the warring factions on Vulcan, long ago. This recipe makes 2 loaves.

What you need:

INGREDIENTS:

2 packages dry yeast
1 tablespoon sugar
1 tablespoon salt
2 cups warm milk
5 eggs
¾ cup oil
8 cups flour (approximately)
1 egg, beaten

UTENSILS:

Large bowl (5-quart size is sufficient)
Eggbeater or wire whisk
Large cookie sheet (about 14 x 17 inches) or 2 smaller ones
Large spoon
Pastry brush

What to do:

With the whisk or eggbeater, mix together all the ingredients except the flour and beaten egg. You should have a fairly uniform liquid mixture. Add the flour, 1 cup at a time, stirring with a large spoon, until you have added 6 cups. From then on, add it in smaller amounts, making sure that it is quite mixed in before you add more. When you have added 7 or 7½ cups, you will find that it is easier to abandon the spoon and mix the flour in by hand. You have added enough flour when you have a dough that just barely does not stick to your fingers or about 8 cups. (Depending on the size of the eggs and the character of the flour, you may need to add more or less.)

When the dough is no longer sticky, take it out of the bowl and knead it on a floured board or countertop, add a bit more flour if it starts to get sticky here and there. Knead it for a few minutes until it is fairly smooth and feels springy.

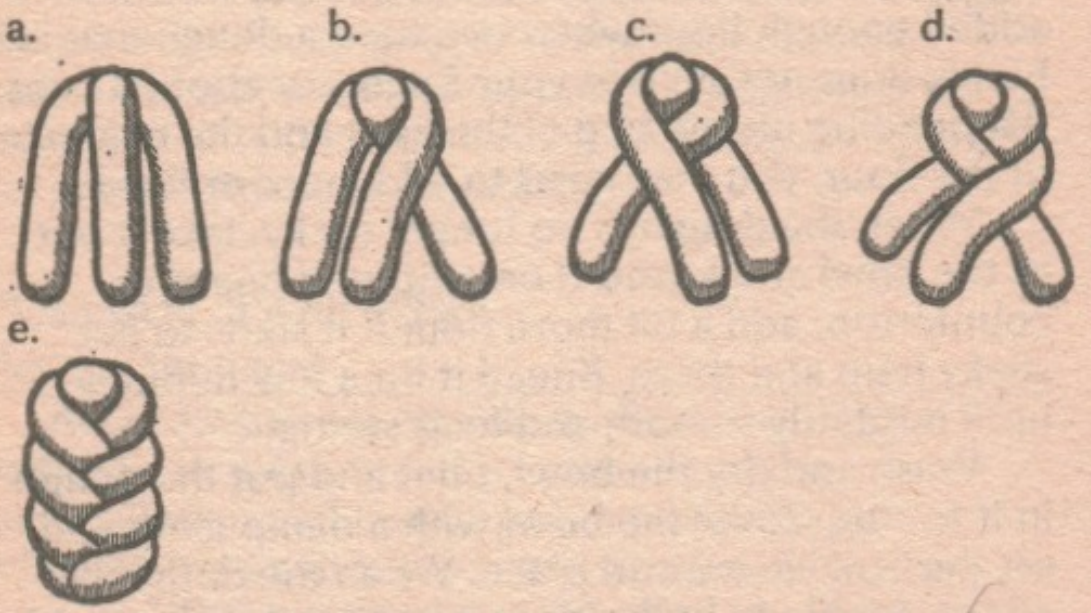
Wash and dry the bowl, oil it and put the dough in it to rise. Cover the bowl with a damp cloth and set the bowl in a warm place. When the dough is about double in bulk, (depending on the yeast and the temperature, this may take 2 hours or more) take it out and knead it again on a floured place. Knead until you have got it about back to its original size and have got rid of all the big bubbles and blisters that you can find.

Divide it into two equal parts, for 2 loaves. Take one of the pieces and divide it into a small (one-third) and a large (two-third) piece. Squeeze and roll the larger piece until it is about 25 to 30 inches long. Put it down on the table in a U-shape, and make about a 14-inch long rope out of the small piece. Put one end of it down on the bottom of the U and braid the three strands together, pressing two of them together at the end to cover the third.

Pick it up gently and place it on a greased cookie sheet, then repeat the process for the second loaf.

Cover the loaves with a damp cloth and let them rise in a warm place until about double in bulk. Depending again on the temperature, this may take half as long as the first rising. Brush them with beaten egg and bake at 375°F. for 25 to 30 minutes. The loaves should be golden brown and sound a bit "hollow" when tapped.

How to braid the loaves:



Dotted line shows where the ends are pressed together to finish off braid.

KHABITAH

(Apple Omelet)

For this dish Mr. Spock always uses Kaferian apples, or the Vulcan Sikrah variety. But Earth varieties such as McIntosh or Jonathan are the next best choice. This recipe serves 4.

What you need:

INGREDIENTS:

8 eggs
½ cup milk
½ teaspoon salt

½ cup flour
6 cups shredded apple
4 tablespoons (½ stick) butter or margarine
Sugar
Cinnamon

UTENSILS:

3-quart bowl
Eggbeater or wire whisk
10-inch Teflon lined, or well-seasoned cast-iron frypan with lid

What to do:

Break the eggs into the bowl, add the milk, salt and flour, beating thoroughly to break up any lumps. Peel, core and shred the apples (shred them on the side of the grater that has round holes). Add the apples to the batter and mix in well.

Take half a stick of butter and mark it into 8 equal parts. Melt one of the pats of butter, or about 1½ teaspoons, in the pan. When it is foamy, add about a quarter of the batter. The apple mixture should be spread out evenly in the pan and should be about ½ inch deep. Cook it for a few minutes over medium heat (325°-350°F. on a thermostat burner), then shake the pan to loosen it. If a part sticks, take a knife or small spatula to free it. Put the lid on the pan. Cook until the bottom is golden and the top part has started to set. Shake the pan again to make sure that the cake is still loose, then gently slide it out onto a large plate.

Melt another pat of butter in the pan, then flip the cake into the pan, raw side down. Shake to free it, put the lid back on and cook it until golden on the second side. To see if it is done you can lift up an edge with a knife or spatula to peek at the underside. When it is done, gently slide it out onto a platter and sprinkle it generously with sugar and cinnamon. Serve while hot. Repeat the process. There should be enough batter for 4 cakes.

HA RAGEEL
(Carrot Loaf)

It has never ceased to amuse Dr. McCoy that Mr. Spock, with all his logical training, cannot consider Ha Rageel a close equivalent to Tufeen Hushani. Actually, to the logical Vulcan mind, a ceremonial wedding cake is quite unrelated to an "everyday" dessert loaf. It is quite true that they contain many of the same ingredients and have a somewhat similar taste. But this no more makes them related than the same number of eyes and legs makes first cousins of horses and dogs. To a cook the difference is also important. Preparing the wedding cake requires time, attention and care to avoid a minor disaster; with Ha Rageel you can hardly go wrong.

What you need:

INGREDIENTS:

- 1½ cups grated carrots
- Grated rind and juice of 1 lemon
- ½ cup butter or margarine (¼ pound)
- ½ cup dark brown sugar
- 3 large eggs
- 2 tablespoons water
- 1 cup golden raisins
- 1½ cups flour
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- Confectioners' sugar

UTENSILS:

- 3-quart mixing bowl
- Smaller mixing bowl (about 1½-quart size)
- 2-quart casserole or 2-quart ring mold (metal or glass)
- Grater

What to do:

Preheat the oven to 350°F. if you are using a metal baking container, or to 325°F. if you are using

a glass one. Grease your container with a little butter or margarine.

Peel the carrots and grate them on the coarser set of sharp teeth on your grater. (Better still, if you have the kind of European-style rotary grater that comes with three drums, one with large holes, another with small holes and a third one with slits—use it with the drum that has small holes.) Another solution is to use a flat grater with small holes.

Grate the yellow rind off the lemon, using the coarse set of sharp teeth on your grater. Leave enough of the white inner rind so that you can squeeze the lemon for its juice when you are done grating. (From an average-sized lemon, you should have about 2 tablespoons of grated peel or rind.)

Cream the butter and sugar together until the mixture is somewhat light colored. Add the eggs, mix well, then add the carrots, lemon juice and rind, water and raisins.

In the smaller bowl mix together the dry ingredients, except the confectioners' sugar, and add them to the liquid part a bit at a time. When it is well mixed, pour the batter into the greased mold. Bake for about 40 minutes, or until a knife or skewer stuck into it comes out clean. Let it cool for about 5 minutes, unmold on a serving plate and dust with confectioners' sugar.

Note: If you dust the plate with a little confectioners' sugar before you unmold the cake onto it, the cake will tend to stick to it less.

PERACH KISAN

(Custard Fruit Pie)

Mr. Spock has an artist's delight in the harmonious arrangement of things. It is especially obvious in the spare, understated furnishings of his quarters. It is perhaps the reason he prefers Perach Kisan to Prusah Kisan, since they differ more in form than in content. This recipe describes two versions

of a Vulcan dish that may be used as a dessert, or as the main part of a meal when served with a light soup and a beverage. Each pie can be cut into 6 or 8 dessert-sized portions, 3 to 4 meal-sized portions.

What you need:

INGREDIENTS:

PASTRY:

Enough piecrust pastry to line 2 (9-inch) pie pans (see page 27)

FRUIT:

2 pounds of fresh Italian freestone prune plums per pie, *or* 2 pounds of fresh apricots per pie, *or* 2 (30-ounce) cans unpeeled apricot halves per pie

CUSTARD FILLING (FOR 2 PIES):

1 cup of whipping cream (1/2 pint) or commercial sour cream
4 medium or large eggs
1 cup sugar
1/2 cup milk
Cinnamon to sprinkle on top

UTENSILS:

2 9-inch pie pans, metal or glass
Mixing bowl for piecrust (about 3-quart size)
Mixing bowl for custard filling (1- or 1 1/2-quart size)
Rolling pin and waxed paper
Eggbeater or wire whisk

What to do:

Preheat your oven to 350°F. if you are using metal pans, or to 325°F. if you are using glass pie pans. Roll out your pastry, line the pie pans and finish the edges. See the piecrust recipe on page 27 for details.

Wash and pit the fresh fruit, cutting each plum or apricot nearly in half from the stem to the blossom end. Starting at the edge of the pastry-lined pan, arrange them standing up as close to each other as possible, with the hollow, or pit side facing the center. When the pan is filled, it should look somewhat like the petals of a blossom, with a single plum or apricot half in the center, open side up.

Put all the ingredients for the custard filling, except the cinnamon, in the small bowl, and beat with the eggbeater or whisk until it is thoroughly mixed. Pour half the custard mixture over each pie and sprinkle with cinnamon. Bake for about 1 hour, or until the crust is lightly browned and the custard is golden brown.

If you use canned apricots, the procedure is much the same. Two (30-ounce) cans of unpeeled apricot halves are more than enough for one pie, and 3 (30-ounce) cans are just barely enough for two pies. Drain the apricot halves, and make sure there are no pits in them. (Save the juice to use in a gelatin dessert or to sweeten a fruit drink.) Arrange the halves as described above and follow the remaining directions.

DR. MCCOY

I really enjoy working with Dr. McCoy. His practicality and wry sense of humour have got us through a lot of rough places, and his compassion is always showing, even under the cynical exterior he so carefully cultivates. He is from the South, Georgia to be exact, and though in professional situations his laconic drawl does not much come through, it is most definitely noticeable when he is being especially gallant, or just plain tired. I love to listen to it; there is something reassuring about our cynical iconoclast, who is such a thorough gentleman that he does not try to escape his background.

He was immediately cooperative when I asked him for his favorite recipes; I think he is perhaps secretly pleased that so many of us are appreciative of the heritage he holds dear.

GEORGIA CHICKEN PIE

Dr. McCoy is a most hardheaded, skeptical and scientific space medicine specialist. He is also a gentleman from Georgia where many families have loyally maintained traditions dating from the 19th century and earlier. It should not surprise us that his favorite dish is a chicken pie made just as they were in the days when the kitchen was in a separate building behind the main house. This serves 4 generously.

What you need:

INGREDIENTS:

1 whole chicken breast (2 halves)
2 chicken legs (or 2 drumsticks plus 2 thighs)
2 cups water
1 teaspoon salt

For the above four ingredients you may substitute:
2 cups cooked diced chicken or turkey (mixed light and dark meat),
1½ cups canned ready to use chicken broth, already salted, *or* ¾ cup concentrated chicken broth diluted with ¾ cup water

4 tablespoons butter, margarine or chicken fat
1 medium to large onion, chopped (about 1 cup)
½ pound fresh mushrooms, sliced
2 hard-boiled eggs,* peeled and chopped
3 tablespoons flour
1 teaspoon salt
Piecrust Pastry, enough for 2 (9-inch) crusts, see page 27)

UTENSILS:

9-inch pie pan
Mixing bowl for piecrust (about 3-quart size)
4-quart pot for cooking the chicken
10-inch frypan
Small saucepan (1½-quart size)
Wire whisk
Rolling pin and waxed paper

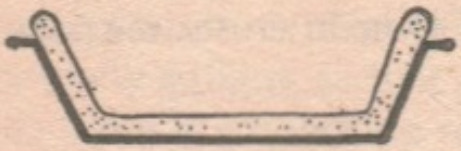
What to do:

Put the chicken breasts and legs in the 4-quart pot with 2 cups water and 1 teaspoon salt. Bring to a boil and simmer for about 1 hour, or until the chicken is tender. Take the chicken out of the broth and cool until you can easily handle it. Take the meat off the bones and cut it into bite-sized pieces. Put the bones and skin back into the broth and simmer gently while you make the crust and work on the filling.

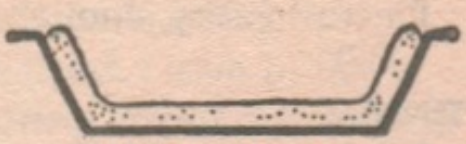
In the frypan, melt the butter and fry the onion until golden. Add the mushrooms and cook until they are tender. Add the diced chicken and the hard-boiled eggs.* Remove from the heat.

Strain 1½ cups hot chicken broth and put it in the small saucepan. Add the flour, beating vigorously with the whisk. Heat, stirring constantly with the whisk, until the broth makes a thick gravy with the flour. Pour this over the chicken-mushroom mixture and blend together thoroughly in the frypan.

Make piecrust according to the recipe on page 27 and divide the dough into two parts. Roll out one-half and line the pan, leaving the edge of the crust standing up about a quarter of an inch higher than the lip of the pan (see diagram). Prick the crust on the sides and bottom. Bake at 400° F. for about



Raw piecrust before baking, with edges standing up.



Baked piecrust shell, shrunk, so the edges are about even with the lip of the pan.

Filled pie, with the top crust pinched on to the bottom crust; ready to bake.

* To hard boil eggs, put them on in cold water, bring to a boil quickly, and boil for 10 minutes. Chill immediately with cold water.

10 minutes until it just begins to turn golden brown. It will probably have shrunk so that it just fills the pan (see page 96). Roll out the second half so that it will amply cover the pie pan.

Fill the baked shell with the chicken mixture and put the crust top over it. It should make a well mounded up pie. Pinch the top crust onto the edge of the bottom crust (see page 96) and trim off any excess crust. Make some vents in the top and bake at 375°F. for about 30 minutes, or until the top crust is done and has begun to brown.

Note: If you are using a glass pie pan, bake at 350°F.

SOUTHERN FRIED CHICKEN

Dr. McCoy was looking over my shoulder as I was writing out the recipe for Dohlman Chicken. With a sly chuckle, he asked where Elaan had learned to make Southern Fried Chicken. I turned and looked at him, startled. He quickly pointed out the minor changes necessary to make it an authentic Southern-style recipe. Dr. McCoy likes to serve his chicken with cream gravy.

To make the chicken, see the recipe for Dohlman Chicken on page 5. The two following changes are required:

1) Omit the teaspoon of poultry seasoning from the seasoned bread crumbs; add only salt and pepper to the crumbs.
2) Do not serve it with honey.

Otherwise, the procedure is the same.

CREAM GRAVY:

Fat from the pan in which you fried the chicken
2 to 4 tablespoons flour (depending on how thick you like your gravy)
1 cup milk
1 cup light cream (coffee cream) (1/2 pint)
Salt and freshly ground black pepper to taste

When you have fried all the chicken, pour off (and save) all but about 3 or 4 tablespoons of the fat you used to fry the chicken. Add the flour to the 3 tablespoons of fat in the pan, and mix it in until smooth. Add the milk and the cream, and beat with a wire whisk to break up any lumps. Season with salt and pepper, perhaps ½ teaspoon or more of salt and a few grindings of pepper. Cook over medium heat until thickened, stirring constantly. Strain it into a bowl or gravy boat and serve with chicken.

COUNTRY CAPTAIN

(Spicy Chicken with Rice)

Dr. McCoy occasionally likes to serve a traditional Southern meal for his friends, and I have helped with the preparations more than once. This old-fashioned Georgia-style chicken never fails to please his guests. This serves 6 to 9 people.

What you need:

INGREDIENTS:

6 chicken legs (6 thighs plus 6 drumsticks)
½ cup oil
½ cup flour
¾ teaspoon freshly ground black pepper
1 teaspoon salt
1 medium onion, chopped (about 1 cup)
1 sweet green pepper, seeded and diced
2 sticks or ribs celery, sliced
2 cloves garlic, thinly sliced or chopped
1 can (35-ounce) peeled Italian tomatoes
2 teaspoons curry powder
½ teaspoon powdered thyme
½ cup currants
½ cup slivered almonds
1 tablespoon chopped parsley
2½ cups raw rice

2 teaspoons salt (unless you are using salted broth, see page 102)
5 cups liquid (chicken broth or water, or any mixture of the two)

UTENSILS:

12-inch frypan with lid
2-quart saucepan with lid
Large platter for serving the chicken and rice
Paper or plastic bag

What to do:

Cut the drumsticks and thighs apart with a sharp knife. Heat the oil in the large frypan. Put the flour, ¼ teaspoon pepper and 1 teaspoon salt in a paper or plastic bag. Shake the chicken pieces in it, a few at a time. Put the flour coated chicken in the hot oil and fry until they are browned all over. Take them out of the oil and pour off all but about 3 or 4 tablespoons of oil.

Put the onions, green pepper, celery and garlic in the pan and fry until the onions are golden. Add the tomatoes, curry, ½ teaspoon pepper and thyme. Cook the sauce for a few minutes. Add the fried chicken, making sure that it is covered by the sauce. Sprinkle the currants, almonds and parsley over it all. Simmer for about 45 minutes, with the lid on, until the chicken is quite tender.

As soon as you have left the chicken to simmer in the sauce, put the rice, 2 teaspoons salt and 5 cups liquid in the saucepan. Bring to a rapid boil. Reduce the heat and simmer, covered, until the liquid is all absorbed, about 20 to 25 minutes. Set aside until the chicken is tender.

To serve, make a ring of rice near the edge of the platter, put the chicken pieces in the center and ladle sauce over the rice. Serve any extra sauce in a separate bowl.

RED BEANS AND RICE

(Kidney Bean Stew with Rice)

When all is clear sailing and things are going well, Dr. McCoy is likely to be adventuresome in his choice of foods, but when he is very tired or the course of events has ruffled his usual calm, he craves the simpler, country-style foods he knew from back home. Red Beans and Rice is definitely in this category. This recipe should serve about 6 people.

What you need:

INGREDIENTS:

- ½ pound bacon
- ½ pound diced cooked ham
- 1 large onion, chopped (about 1½ cups)
- 1 cup chopped celery, including leaves
- 2 large carrots, thinly sliced
- 1 (10¾-ounce) can beef bouillon or consommé (concentrated)
- 1 large bay leaf
- ¼ teaspoon powdered sage
- ⅛ teaspoon powdered thyme
- ⅛ teaspoon (or less) freshly ground black pepper
- 2 (1-pound) cans red kidney beans, including liquid
- 1 or 2 tablespoons cornstarch mixed in 1 or 2 tablespoons water
- 2½ cups raw rice, cooked according to directions on page 22

UTENSILS:

- 12-inch frypan with lid or a 4-quart saucepan with lid
- 2-quart saucepan with lid for cooking the rice

What to do:

Take your package of sliced bacon out of the refrigerator and cut across the slices at ¾-inch intervals, slicing right through the wrapping if you wish. Cut up half a pound this way and wrap the remainder. Separate the pieces and fry them until crisp and browned. Pour off all but about 3 tablespoons of the bacon fat and fry the onions until golden.

Add all the rest of the ingredients except the cornstarch in water and the rice. Cook for about 1 hour until the vegetables are soft and some of the liquid has evaporated. Remove and discard the bay leaf. Add 1 tablespoon of cornstarch mixed in 1 tablespoon of water, or 2 tablespoons in 2 tablespoons of water, depending on how thick you like the sauce. Cook a few minutes longer to thicken the sauce and serve over the cooked rice. It may also be served in separate bowls, so that it can be combined by each guest. A green salad goes well with it.

BEANS 'N BACON

(Southern-Style Green Beans)

Dr. McCoy likes to serve this with Red Beans and Rice, or with Southern Fried Chicken and Plantation Rice. This makes 6 to 8 servings.

What you need:

INGREDIENTS:

3 (9- or 10-ounce) packages green beans, cut pieces or French-cut
½ pound bacon or smoked beef plate
1 cup chopped onion
¼ teaspoon salt, or more to taste
1 teaspoon sugar

UTENSILS:

4-quart pot with lid
Large strainer
Bowl
Small bowl or dish

What to do:

Thaw the beans partially ahead of time, or put them, one package at a time, into a large strainer and run warm water over them until you can separate them. Put the beans in the pot with about ½ cup water and bring them to a boil. Turn the heat down, cover and simmer for about 20 to 30 minutes, or until they are quite tender. Add more

water as they cook, if necessary, to keep them from getting dry and scorching. Drain them, and put them in a bowl or other container, and set aside.

Rinse and dry the pot. Cut the bacon slices into ½-inch pieces and fry until browned in the pot. Add the onion and fry until golden. Pour the bacon and onion into a strainer held over a small bowl or dish and drain off the fat. Return them to the pot, add 1 tablespoon of the drained off fat and then the cooked beans, salt and sugar. Keep the beans and bacon just barely simmering and cook for about 15 to 20 minutes. Check for seasoning, adding more salt if neecssary. Serve.

PLANTATION RICE

(Rice Pilaf)

Dr. McCoy's rice pilaf goes very well with roast meat or fried chicken. It is a traditional Southern dish, brought to the rice growing areas of the American continent hundreds of years ago. There should be enough for about 6 people.

What you need:

INGREDIENTS:

¼ teaspoon Spanish saffron
½ cup hot water
¼ cup coarsely chopped pistachio nuts (preferably not the red dyed ones)
½ cup pine nuts
½ cup golden raisins
1½ cups rice
2½ cups chicken broth, fresh, canned ready to use, or canned concentrated, diluted for use
4 tablespoons butter or margarine
Salt to taste (very little if you used canned salted broth, about 1 to 1½ teaspoons if you used fresh unsalted broth)
¼ teaspoon mace

UTENSILS:

2-quart saucepan with lid
8-inch frypan or another saucepan

What to do:

Measure the saffron strands and put them in a cup. Pour the hot water over them and let steep for about 30 minutes. Meanwhile, shell and chop the pistachios, measure out the pine nuts and raisins.

When the saffron has steeped long enough, put the rice in the 2-quart saucepan. Add the chicken broth, 1 tablespoon of the butter and salt to taste (see above). Strain the saffron strands out of the liquid and add the liquid to the pot. There is enough color in the saffron water to make the rice a delicate yellow when cooked.

Bring the contents of the pot up to a boil, then simmer, covered, for about 20 minutes, or until the rice is tender and the liquid has been absorbed. Remove the pan from the heat and let stand while you sauté the raisins and the nuts. Heat the remaining 3 tablespoons butter in the frypan until it is foamy. Add the raisins and the nuts and fry until the nuts begin to brown. Sprinkle the mace over the rice. Add the raisin and nut mixture and gently mix it into the rice. Serve immediately.

SPOON BREAD

(Soft Corn Bread)

Spoon Bread may be served as a kind of bread, or it may take the place of a vegetable like potatoes. It is served with a spoon, since it is much too soft and fluffy to be sliced. Dr. McCoy's recipe has been in his family for a long time and is a little different from most—he says there are nearly as many recipes for Spoon Bread as there are Southern cooks. This recipe makes 8 to 9 servings.

What you need:

INGREDIENTS:

1¼ cups milk
1 teaspoon salt
1 tablespoon sugar
1 cup white cornmeal
1 cup sour cream (½ pint)
4 eggs
1 teaspoon baking powder
½ teaspoon baking soda
Butter to serve with the Spoon Bread

UTENSILS:

2-quart saucepan
3-quart mixing bowl
2-quart baking pan (about 9 x 9 x 2 inches)
Eggbeater
Wire whisk (optional) or large spoon

What to do:

Preheat the oven to 325 °F. Grease your baking dish. Put the milk in the saucepan, add the salt and sugar and scald it (bring just to a boil). Remove from the heat and pour the cornmeal into it in a thin stream, stirring constantly with the whisk or a large spoon. Keep stirring it; it will get quite thick. Add the sour cream and stir it in well. You should have a smooth thick batter.

Separate the eggs,* putting the yolks into the batter and the whites into the 3-quart mixing bowl. Stir in the egg yolks. When the egg yolks are thoroughly mixed into the batter, take the eggbeater and beat the whites until they are fairly stiff and slightly floppy peaks form when you pull out the beater. Measure the baking powder and soda into a small strainer over a plate. Put it through the strainer to get out any lumps, then sprinkle it over the batter and stir in well. Pour the batter into the beaten egg whites immediately and fold in carefully with an over-and-under cutting motion.

* See page 75.

When it is all just barely evenly mixed together, pour into the greased pan and put it right into the oven. Bake for about 50 minutes. It will be golden brown and puffy when done, with just a trace of a wiggle to the center. Serve immediately with lots of butter.

PECAN PIE

Soon after Dr. McCoy came aboard the Enterprise, he served Pecan Pie to his associates in the medical division. Word soon spread over the ship about his fancy Southern cooking, and the recipe was added to the synthesizer's memory banks. Surprisingly, the most ardent fans of Pecan Pie, currently, are a couple of Minnesota Swedes from the Engineering section. One pie serves 6 people.

What you need:

INGREDIENTS:

Piecrust for 1 (9-inch) pie (see page 27)
1 cup sugar
4 tablespoons soft butter or margarine (warm enough to be soft)
4 eggs
½ teaspoon salt
1 teaspoon vanilla
1 cup dark corn syrup
1½ cups pecan halves, or 1 cup broken pecans and ½ cup halves

UTENSILS:

Mixing bowl (3-quart size is ample)
9-inch pie pan
Electric beater (optional)

What to do:

Roll out the piecrust and line the pan with it. Trim off excess around the edges and make a decorative edge (by pinching between the fingers, or pressing with the tines of a fork). Set it aside.

If you are planning to use an electric mixer, you can put all the ingredients for the filling, except the pecans, into the mixing bowl and let the mixer go to work on them. When you have a smooth mixture, add the pecan halves and pour into the pie shell. The nuts will float to the top.

If you are not going to use an electric mixer, cream the butter and sugar together, add the eggs, 1 at a time and beat into the sugar-butter mixture. Then add the salt, vanilla and corn syrup. Mix well, add the pecans and pour into the pie shell. If you have chosen to use 1 cup broken pecans and ½ cup pecan halves, add the broken nuts to the filling mixture. Reserve the halves to make a decorative ring of nuts near the edge of the pie after you have poured in the filling.

Bake at 375°F. for 20 minutes and then for 30 minutes more at 300°F. The center of the pie may still appear to quiver a bit when moved, though not much. It will firm up in cooling.

Pecan pie may be served with very slightly sweetened whipped cream.

PEACH UPSIDE-DOWN CAKE

This is an old favorite in peach country. Dr. McCoy especially recommends it as a good easy-to-fix dessert. This cake will make 9 to 12 servings.

What you need:

INGREDIENTS:

TOPPING:

½ cup butter or margarine (¼ pound)
½ cup dark brown sugar, firmly packed
½ teaspoon cinnamon
⅓ cup coarsely chopped pecans
1 pound unsweetened sliced peaches, fresh or frozen (about 4 cups)

BATTER:

3 eggs
1 cup sugar
2 tablespoons butter or margarine, softened
½ cup milk
1½ cups flour
½ teaspoon salt
2 teaspoons baking powder

UTENSILS:

Baking dish (about 9 x 9 x 2 inches)
Mixing bowl (3-quart size or smaller)
Eggbeater

What to do:

In the baking dish, melt the butter over very low heat. Sprinkle in the brown sugar, the cinnamon and the pecans, distributing them evenly. Put the sliced peaches in on top and stir to coat them with the sugar mixture. Spread it all out evenly and take off the heat. Preheat the oven to 350°F.

In the mixing bowl, beat the eggs, then beat in the sugar and butter. Add the milk, beat it in and then add the flour, salt and baking powder, which have been mixed together dry. Blend thoroughly and pour to spread it evenly over the peach mixture in the baking dish.

Bake for about 35 minutes. Test the cake with a skewer; if it does not come out clean, bake 5 minutes longer. Let the cake cool about 5 minutes, then invert on a serving plate. Serve warm with sweetened whipped cream.

Whipped Cream: Put 1 cup whipping cream (½ pint), ¼ cup sugar and ¼ teaspoon vanilla in a chilled bowl. Beat until stiff.

ENGINEERING OFFICER SCOTT (SCOTTY)

Scotty is an engineer and a Scotsman, in that order, and proud of it. In order to get any recipes at all from him, I had to promise to include one for a haggis. So, I have, and was rewarded with a group of traditional Scottish recipes that would make any Highlander feel right at home.

SCOTS BROTH

Scotty's version of this soup does not contain cabbage, as do many of the traditional recipes. This pot of soup will serve 8 people.

What you need:

INGREDIENTS:

- 1/2 cup yellow split peas
- 1 1/2 pounds lean lamb
- 2 teaspoons oil
- 1 pound (approximately) of soup bones
- 8 cups water
- 2 teaspoons salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup barley
- 1 leek, sliced (the white part only)
- 1 onion, chopped
- 1 1/2 cups diced carrots
- 1 1/2 cups diced turnips
- 2 tablespoons chopped parsley

UTENSILS:

6- or 8-quart pot with lid
3-quart bowl

What to do:

A few hours before you are ready to begin cooking the soup, put the split peas in a bowl and cover them with about an inch or two of warm water. (It is easiest just to soak the peas overnight in the refrigerator.) Cut the lamb into ½-inch cubes and brown lightly in the oil. Add the bones, water, salt and pepper, peas and barley. Simmer for 30 minutes, skimming off any foam that comes to the top. Add the rest of the ingredients, except the parsley, and simmer for about 1½ hours longer. Remove the soup bones and add the chopped parsley. Taste for seasoning, adding more salt if necessary; then serve.

CHICKEN STOVIES

(Stewed Chicken)

This traditional Highlands recipe seems to have been an ideal use for spare roosters or superannuated hens. Old recipes call for the dish to be simmered or baked for many hours. Such birds, while very flavorful and tender when thoroughly cooked, are not what you usually find as chicken nowadays, so the cooking time may be drastically reduced. This recipe, as Scotty gave it to me, serves 4 very generously, or 8 as the main part of a meal.

What you need:

INGREDIENTS:

3 tablespoons butter or margarine
8 serving-sized chicken pieces (about 3 pounds, or a wee bit less)
8 medium potatoes (about 2½ to 3 pounds)
2 large onions, peeled and sliced
1 (10-ounce) can concentrated chicken broth
½ teaspoon salt
½ cup chopped parsley

UTENSILS:

6-quart pot with lid

What to do:

Melt 2 tablespoons of the butter in the pot and when it is just beginning to brown, add the chicken pieces. Brown them lightly on both sides and take them out of the pot. Set aside.

Peel the potatoes and slice into chunks about ½ inch thick. Put half the sliced potatoes on the bottom of the pan and spread half the sliced onion on top of them. Arrange the chicken pieces on top of the onion, add the rest of the sliced onions and finish up with the remaining potato chunks.

Dot with the remaining tablespoon butter and pour the undiluted broth, with the salt mixed into it, over all. Bring it up to a boil, reduce the heat and simmer covered for about 1 hour, or until the potatoes are soft. Sprinkle the parsley over it, simmer a few minutes longer and serve.

HAGGIS

(Stuffed Sheep's Paunch)

I promised Scotty I would put in his recipe for that ancient, traditional Scots dish, haggis, so here it is. Let me also warn you—the recipe makes a tremendous amount of it; at least enough for 12 to 20 people. (Twelve, if they happened to spend their time working outdoors in the cold, or 20 who were less strenuously occupied.) A sheep's paunch or stomach is a marvelously flexible container, and 2 pounds of dry oatmeal of the old-fashioned slow-cooking variety swells up in a most impressive way.

I would definitely suggest you try a "Pot-Haggis," which is a much smaller beast, before you tackle the more traditional version. Also, in case you don't happen to share Scotty's enthusiasm for haggis, you won't be stuck with nearly so much of it.

Nowadays many Scots use a plastic haggis bag in place of a sheep's paunch; while such are available in Scotland, they are definitely not an item of

everyday commerce anywhere else. A real sheep's paunch is an equally scarce item, so if you do decide to try a haggis, I would suggest getting a length of large sausage casing or a plastic baking bag, and cutting the recipe in half. Scotty, however, is a purist, and will have nothing to do with such newfangled substitutions.

Haggis is traditionally served for Robbie Burns Suppers and at Hogmanay, or New Year's Eve. At such ceremonial occasions, the haggis is brought in to the skirl of bagpipes. The usual side dish for it is either Neeps (turnips), or Clapshot (a mixture of turnips and potatoes). The tangy flavor of turnips goes well with haggis. For Clapshot, see page XXX. For those who value haggis more as a ceremonial dish than for its taste, it is occasionally eaten with "Neeps and Nips"—turnips and small sips of whiskey between mouthfuls.

What you need:

INGREDIENTS:

1 sheep's stomach, thoroughly cleaned
The liver, heart and lights (lungs) of the sheep
1 pound beef suet
2 large onions
2 tablespoons salt
1 teaspoon freshly ground black pepper
½ teaspoon cayenne or red pepper
½ teaspoon allspice
2 pounds dry oatmeal (the old-fashioned, slow-cooking kind)
2 or 3 cups broth (in which the liver, heart and lights were cooked)

UTENSILS:

4-quart pot with lid
Canning kettle or a large spaghetti pot, 16- to 20-quart size with a lid to fit it
Meat grinder
Cheesecloth

What to do:

If the butcher has not already cut apart and trimmed the heart, liver and lungs, do that first. It involves cutting the lungs off the windpipes, cutting the heart off the large bloodvessels and cutting it open to rinse it, so that it can cook more quickly. The liver, too, has to be freed from the rest. Put them in a 4-quart pot with 2 to 3 cups water, bring to a boil, and simmer for about an hour and a half. Let it all cool, and keep the broth. Run the liver and heart through the meat grinder. Take the lungs and cut out as much of the gristly part as you easily can, then run them through the grinder, too. Next, put the raw beef suet through the grinder. As you finish grinding each thing, put it in the big kettle. Peel, slice and chop the onions, then add them to the meat in the kettle. Add the salt and spices and mix.

The oatmeal comes next, and while it is customary to toast it or brown it very lightly in the oven or in a heavy bottomed pan on top of the stove, this is not absolutely necessary. When the oatmeal has been thoroughly mixed with the rest of it, add the 2 cups of the broth left from boiling the meat. See if when you take a handful, it sticks together. If it does, do not add the third cup of broth. If it is still crumbly and will not hold together very well, add the rest of the broth and mix thoroughly. Have the stomach smooth side out and stuff it with the mixture, about three-quarters full. Sew up the openings. Wrap it in cheesecloth, so that when it is cooked you can handle it. Now, wash out the kettle and bring about 2 gallons of water to a boil in it. Put in the haggis and prick it all over with a skewer so that it does not burst. You will want to do this a couple of times early in the cooking span. Boil the haggis gently for about 4 or 5 hours.

If you did not have any cheesecloth for wrapping the haggis, you can use a large clean dishtowel. Work it in under with kitchen spoons to make a sling

with which you can lift out the haggis in one piece. You will probably want to wear lined rubber gloves to protect your hands from the hot water while you lift it out with the wet cloth. (You put the dish cloth in the pot only after the haggis is done; you do not cook the towel with the haggis as you would the cheesecloth.)

Note: Even if the butcher has cleaned the stomach, you will probably want to go over it again. Turn the stomach shaggy side out and rinse. Rub it in a sinkful of cold water. Change the water and repeat as many times as necessary, until the water stays pretty clear and handling it does not produce much sediment as the water drains out of the sink.

POT HAGGIS

(Sheep's Liver and Oatmeal Pudding)

It is a good bit safer to start out with this recipe for haggis, as it does not make such an enormous quantity. It is also made with things that are a lot easier to come by than a sheep's paunch! This recipe makes about enough to serve 6 to 8 people who are reasonably, but not ravenously, hungry.

What you need:

INGREDIENTS:

- ½ pound lamb liver
- 1 lamb heart (optional, but nice to add if you can get it)
- 1 good-sized Spanish onion, or about 12 ounces of other onions
- 1½ cups hot water
- ¼ pound beef suet
- 1½ cups old-fashioned slow-cooking oats
- 1½ teaspoons salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon crushed dried marjoram
- ¾ cup broth (from cooking the liver and onion)

UTENSILS:

2-quart saucepan with lid
Mixing bowl
10-inch frypan for toasting the oats
Meat grinder
1½-quart baking dish
Aluminum foil and rubber band
Pot with lid, large enough to hold the baking dish
Rack of some sort to keep the haggis dish off the pot bottom

What to do:

Put the lamb liver (and the heart if you have it) in the saucepan, add the onion, cut in large chunks, and hot water. Cover the pan, bring to a boil and simmer for 20 minutes. While it is simmering, cut the suet into several pieces and put it through the meat grinder. Put the ground suet in the mixing bowl.

Put the dry oats in the frypan over medium heat. Stir constantly and increase the heat gradually until you see the dust or fines turning brown. The oats will just be starting to look a bit tanner or more golden brown than at the start. They will have an agreeable nutty odor at this stage and should not smell burnt. Take them off the fire and pour into the mixing bowl immediately.

When the liver has done simmering, strain it and the onion chunks out of the broth. Cut the meat into several pieces and put it, along with the onions, through the meat grinder. Add the ground meat-onion mixture to the ground suet and toasted oats. Add the spices and moisten it all with ¾ cup of the broth in which the liver and onion were cooked. Mix it all together thoroughly.

Grease the baking dish and spoon the haggis mixture into it. Cover the dish with foil, secure the foil with a rubber band and place the dish on a rack in the large pot. Add enough water to come up

about an inch on the side of the baking dish, cover the pot and bring to a boil. Keep the water boiling just hard enough that there is always a little steam escaping from the pot and steam the Haggis for 2 hours. Serve with Clapshot, (see below).

CLAPSHOT

(Mashed Turnips and Potatoes)

This tangy vegetable dish goes well with haggis; it may also be served with fish or roast meat. This recipe serves 6 to 8 people.

What you need:

INGREDIENTS:

- 1½ pounds potatoes
- 1½ pounds turnips
- 3 tablespoons butter
- Milk
- Salt and pepper to taste
- 2 tablespoons chopped chives

UTENSILS:

- 2 small- to medium-sized saucepans with lids (2-quart or smaller)
- Potato masher (handy, but not absolutely necessary)

What to do:

Peel and slice the potatoes and cook them with a little water until soft. Do the same for the turnips, in a separate pot. Drain both the potatoes and the turnips. Mash the potatoes with a tablespoon of butter and enough milk to make them the right consistency for mashed potatoes. Stir in about 1 teaspoon salt.

Mash the turnips without salt, butter or milk and add them to the mashed potatoes. Stir in the chives and the remaining 2 tablespoons butter. Taste for seasoning; add a bit more salt, if necessary, and a few grindings of black pepper; if you like. Serve hot.

COLCANNON

(Potato and Cabbage Casserole)

An ancient version of Colcannon called for equal parts of boiled cabbage and potatoes, with the potatoes mashed and the cabbage minced. About an ounce of butter or meat drippings was allowed per pound of cooked vegetables, and the whole was salted and peppered to taste. A bit more butter and some grated cheese (usually sharp cheddar) might be sprinkled over the top, and the dish put in a hot oven to get golden and bubbly. Scotty's version is a bit fancier but no more difficult to prepare.

What you need:

INGREDIENTS:

6 cups shredded cabbage (about 1½ pounds)
Salt
½ cup chopped green onions
4 ounces sharp cheddar cheese
4 cups mashed potatoes (see below)
¼ teaspoon freshly ground black pepper
¼ teaspoon nutmeg
5 to 6 tablespoons butter or margarine

UTENSILS:

2-quart saucepan with lid
Grater
3-quart bowl
Baking dish (2-quart size or larger)

What to do:

Shred the cabbage on the side of your grater that has holes. Put the shredded cabbage in the saucepan with 1 cup hot water in which you dissolved ½ teaspoon salt. Bring it to a boil and simmer for about 5 minutes, or until the cabbage is cooked but still a bit crisp. Remove the cabbage from the heat and set aside. Clean and chop the onions and grate the cheese—again on the side of the grater with holes.

For the mashed potatoes, take 3 cups potato flakes, 3 cups boiling water, 1 cup milk, 2

tablespoons butter or margarine, and 2 teaspoons salt. Mix them all together in the bowl, stirring until smooth.

Drain the cabbage, if necessary, and add it to the potatoes. Mix it in well. Then add the onions, the pepper, nutmeg and about three-quarters of the cheese. Add 4 tablespoons of the butter and mix it all together thoroughly. Spoon it into the greased baking dish, dot with the remaining 1 to 2 tablespoons butter and sprinkle the remaining cheese over the top. Bake at 500°F. for about 10 minutes, or until it is golden brown and bubbly.

TOMATO AND SYBO SALAD

(Tomato and Green Onion Salad)

This tomato and green onion salad goes very well with Chicken Stovies and with Colcannon. The dressing should be enough for 6 or 8 people or perhaps more.

What you need:

INGREDIENTS:

Tomatoes (1 medium tomato per person)
Syboes, or green onions (not more than 1 per tomato)
Parsley (optional)
Salad dressing:
¼ cup wine vinegar
¼ cup plus 2 tablespoons salad oil
½ teaspoon salt
¼ teaspoon (scant) freshly ground black pepper
¼ teaspoon (scant) garlic powder
½ teaspoon prepared mustard

UTENSILS:

Small saucepan for boiling water
Small bowl for cold water

What to do:

Put the tomatoes in the boiling water, one at a time, for about half a minute each. Then put them in cold water and leave them a few minutes. Cut out the stems, peel and slice. Arrange in a shallow bowl.

Cut the roots and any damaged leaves off the green onions. Slice them thinly, including 2 or 3 inches of the green tops. Sprinkle them over the sliced tomatoes. A little finely chopped parsley may also be added. Then the dressing poured over the salad.

To make the dressing, put all the ingredients for it in a cup and beat with a fork until it is well mixed.

SCOTS SHORTBREAD

Scotty's grandfather was the engineer who had invented tractor beam coupling, making a practical reality out of a scientific curiosity. Scotty often visited his grandparents and would spend hours listening to his grandfather describe the early days and problems of space travel. Tea and his grandmother's shortbread were part of these enchanted afternoons. The recipe Scotty gave me makes 4 pieces of shortbread, each 6 or 7 inches across.

What you need:

INGREDIENTS:

1 cup butter or margarine (1/2 pound)
1/2 cup sugar
2 1/2 cups flour
1 cup rice flour
1/4 teaspoon salt
2 teaspoons baking powder
Water to make it stick together, if necessary
Whole blanched almonds (optional)
Candied orange peel (optional)

UTENSILS:

2 bowls (both about 3-quart size)
Large cookie sheet

What to do:

Preheat oven to 350°F. In one bowl, cream the butter and sugar together. (If you want to use

margarine, find one that tastes reasonably like butter —it does make a difference.) In the other bowl, mix together the flour, the rice flour, salt and baking powder. Add them gradually to the butter-sugar mixture.

On a dry winter day, you may have to add as much as 2 or 3 tablespoons of water to make the dough stick together enough to be able to pat round cakes out of it; in summer on a hot, humid day, the amount should be quite a bit less. Do not roll it, instead, divide what you have into 4 parts. Gently make a sort of ball out of one portion of the dough.

On one quarter of an ungreased cookie sheet, press the dough out to make a cake about ½ inch thick and 6 to 7 inches across. Press and mend the edges so they are not cracked. Make a fluted edge on the cakes by pinching the dough with your thumb and forefinger, or use the tines of a fork to press in a pattern. Then prick the surface with a fork to mark lines where the shortbread may be broken into pieces.

Shortbread was usually decorated with bits of candied orange peel, and almonds for New Year's Eve, but Scotty remembers that his grandmother's shortbread almost always came with almonds and peel.

Bake until the edges just begin to brown, about 15 minutes.

CRANACHAN OR CREAM CROWDIE

(Scottish Berries and Cream)

In Old Scotland, this dessert was usually made in the summer, when fresh berries were available. Scotty is still occasionally disconcerted to find that he is eating it in the middle of what would be winter, if he were home. Red or black raspberries, blueberries, blackberries or strawberries may be used. This makes 4 servings.

What you need:

INGREDIENTS:

½ cup dry oatmeal (quick-cooking variety, but not instant)
1 cup whipping cream (½ pint)
¼ cup sugar
½ teaspoon vanilla, or 2 teaspoons dark rum
1½ cups fresh berries or 1 (10-ounce) package frozen red raspberries

UTENSILS:

Heavy 10-inch frypan for toasting the oatmeal
1½-quart bowl
Eggbeater

What to do:

Put the dry oatmeal in the frypan and put it on the stove over medium to high heat (about 350°-400°F.). Stir and shake it constantly, until you can see the finer floury part of it beginning to brown. Take it off the stove and get it out of the hot pan onto a plate or into a bowl. It should taste a bit like ground nuts at this point.

Put the cream into a cool bowl, add the sugar and your choice of flavoring—either the rum or the vanilla. Beat until stiff. Fold in the toasted oatmeal and berries. Spoon into sherbet glasses, custard cups or other small bowls and serve.

If you are using fresh berries, keep a few out to garnish the top.

DUNDEE CAKE

(Fruitcake)

Fruitcake is served mainly at traditional holidays, or for an elegant finale to a fancy dinner. Scotty, however, likes it just about anytime and maintains that it should be cut in good thick slices after a hard day's work—none of the dainty afternoon tea-sized servings for him!

What you need:

INGREDIENTS:

1 cup butter or margarine (1/2 pound)
1 cup sugar
5 eggs
Grated rind of 1 orange*
1/4 teaspoon salt
1 (4 1/2 ounce) package ground almonds
4 ounces red candied cherries, halved
2 ounces candied orange peel
2 ounces candied lemon peel
8 ounces golden raisins (about 1 1/2 cups)
4 ounces currants (about 1 cup)
1 tablespoon brandy
2 cups flour
1 teaspoon baking powder
2 ounces whole blanched almonds

UTENSILS:

Bowl (3-quart size or larger)
8-inch springform pan or 2 loaf pans, 4 1/2" x 8 1/2" x 2 1/2"
Waxed paper

What to do:

Cream the butter and sugar together; then add the eggs, 1 at a time, mixing them in thoroughly. With the coarse set of teeth on your grater, grate the rind off the orange.* Add it to what you just mixed, then add the salt, ground almonds and all of the fruit. When the fruit is well mixed in, add the brandy. Mix the baking powder with the flour and add it to the batter.

When the flour is all blended in, grease your baking pan, line it with waxed paper and grease the waxed paper. Spoon the batter into the pan and smooth it out with the back of your spoon. Lay the whole almonds flat on the batter in a decorative pattern.

Bake at 300°F. for 1 hour, then reduce the temperature to 275°F. and bake for about 1 hour

longer, or until a toothpick or skewer inserted into the center comes out clean. Cool, remove from the pan and strip off the waxed paper. Wrap the cake in foil and store in a closed tin.

**Note:* Before grating the rind off your orange, be sure to remove any price or brand marks. Grate off all the outer colored layer, but don't go unnecessarily deep into the white inner layer of the peel. The rest of the orange is not used in this recipe.

SAURIAN BRANDY

To make Saurian Brandy on Earth seemed an impossible task. To make exactly the real thing is, of course, impossible. A strain of yeast that works on manose instead of maltose, and makes fructose instead of fusel oils as a by-product, can no more live in the Earth's high oxygen atmosphere than can the Saurian cluster fruit, which is loaded with manose crystals.

Scotty and Dr. McCoy agree that the following formulation, made with strictly Earth ingredients, is next best to the real thing. It should be served in the smallest liqueur glasses available.

What you need:

INGREDIENTS:

- 1/4 cup grated orange rind (from about 3 oranges)
- 1 pint 100-proof neutral spirits (available at retail stores as vodka)*
- 1 cup sugar
- 2/3 cup 100% pure, grade "A" maple syrup

UTENSILS:

- Clean bottle, 28 ounces or larger, with a good sealing cap, like a wine or liquor bottle
- Half-pint jar with a good sealing lid, like a jam or jelly jar

* There should be about a tablespoon of vodka left if your measurements have been close.

Funnel
Fine mesh tea strainer
Man's clean white handkerchief (with no softener, starch or perfume from the laundry)
2 measuring cups

What to do:

Wash the oranges and scrape off any price or brand marks. With the coarser of the rough teeth of the grater, scratch off the orange colored outer peel of the oranges to make ¼ cup of loose, grainy gratings. Put this in the half-pint jar with ¼ cup 100-proof vodka. Seal it and shake occasionally.

Pour the sugar and 1⅔ cups 100-proof vodka into the 28 ounce bottle. Seal it and shake until all the sugar is dissolved; then add the maple syrup.

After the orange gratings have steeped several hours or overnight, strain them out and filter the extract through a fine handkerchief. Drape the handkerchief over the funnel loosely enough to hang down in, but not loosely enough to lie entirely against the sides of the funnel. Take time to let gravity do the work and do not disturb the pool in the funnel. Hold the funnel over 1 measuring cup and pour the extract in, then hold the funnel over the other cup and pour it through again until it comes clear.

Add a tablespoon of the final extract to the vodka syrup-maple syrup mixture and mix well. If your orange peels are much more or less aromatic than average, adjust the quantity so that you have enough to hide the maple flavor, without having enough to make the liqueur bitter or recognizably orange flavored.

To make different quantities of Saurian Brandy, the proportions are as follows.

2 measures maple syrup
3 measures sugar
5 measures 100-proof vodka.

For every measure of the above combined syrup, about 1/50 measure grated orange peel extract.

HELMSMAN SULU

Sulu, our biologist, swordsman, historian, collector and enthusiastic master of many hobbies and specialties, is also predictably a good chef. With his enduring interest in botany, he manages to come up with a surprising range of fresh vegetables,* occasionally even fresh mushrooms, which he insists are better than anything the synthesizer can do. His cosmopolitan Oriental background provides him with a wide variety of dishes to choose from—in fact, it would be easy to write a whole cookbook based on his recollections alone. I hope that the small sampling which I'm including in the following pages will please you as well as it has our friends aboard the Enterprise.

**Note:* If you do not happen to live near an Oriental grocery and are interested in gardening, you can get seeds for Oriental vegetables from the Kitazawa Seed Company, 356 West Taylor Street, San Jose, CA 95110.

TORI NANBAN
(Chicken Noodle Soup)

This is Sulu's Japanese version of chicken noodle soup. It is often served as a main course, with one or more spicy accompaniments such as shredded daikon (a sharp white Japanese radish) or Japanese-style pickled mushrooms. This makes enough for 6 to 8 servings.

What you need:

INGREDIENTS:

3 or 4 whole chicken breasts (6 or 8 halves)
6 green onions
3 quarts water
3 chicken bouillon cubes
½ pound spaghetti
1 (46-ounce) can ready-to-use chicken broth
1 tablespoon soy sauce
1 tablespoon sugar

UTENSILS:

6-quart (or larger) pot for cooking spaghetti
4-quart pot for cooking broth and chicken
Colander or large strainer

What to do:

Remove the skin from the chicken breasts and separate the meat from the bones, cutting carefully with a sharp knife. (If you are not in too great a hurry, put the skin and bones in a saucepan, cover with water and simmer for several hours. This makes a cup or two of good unsalted broth to use in something like Tovuk Palov, one of Chekov's favorites. Strain and refrigerate the broth. Remove the fat before using.) Slice the meat into thin strips about ¼ inch thick by 2 inches long and set aside. Clean and trim the roots off the green onions. Cut them into ¼-inch lengths, including several inches of the green tops.

In the larger kettle bring to a boil over high heat the water and bouillon cubes. Be sure that the cubes are dissolved before you add the spaghetti. Add the spaghetti gradually so the water keeps boiling if you leave it whole; if you break the spaghetti in half, add it all at once and stir to keep it from clumping together, until it comes back to a full boil. Either you keep the pot boiling hard enough to keep the spaghetti moving, or you have to stand there and stir it frequently to keep it from clumping together. Cook it from 10 to 15 minutes until it is soft.

Meanwhile, in the smaller pot, bring the chicken broth, along with the soy sauce and sugar, to a boil. Add the chicken to it and simmer for about 5 minutes. As you go to drain the spaghetti, add the green onions to the broth, so that by the time you have drained and rinsed the spaghetti with warm water, the onions have cooked for a few minutes. Put the spaghetti in a large bowl and pour the broth and meat over it, or if you prefer, divide the spaghetti between 6 to 8 smaller bowls and ladle broth and meat over each for individual servings.

SULU'S LEMON CHICKEN

Sulu likes to serve this unusual dish with rice and snow peas. We aboard the Enterprise have enjoyed it many times and hope that you will like it, too. This should serve 8 people.

What you need:

INGREDIENTS:

1 medium onion, thinly sliced
1 lemon
1/4 cup sugar
1/4 cup Japanese light soy sauce (usukuchi shoyu)
1/4 cup sake (dry sherry or white wine may be used)
4 whole breasts of chicken (8 halves) or about 2 1/2 to 3 pounds chicken pieces—your choice of the assortment
1 egg
3/4 cup flour
1/3 cup cooking oil

UTENSILS:

3-quart bowl
12-inch frypan with lid
Plastic bag
Dish or small mixing bowl

What to do:

Put onion in the bowl. Cut the ends off the lemon, slice it and add to the onion. Add the sugar,

soy sauce and sake; stir well. Rinse and pat dry the chicken pieces, put them in the bowl and spoon the marinade over them. Marinate them for an hour at room temperature, stirring occasionally to be sure that all pieces are more or less equally marinated.

In a dish or small mixing bowl, thoroughly beat the egg. Put the flour in a plastic bag, dip a couple of chicken pieces in the egg and shake them with the flour in the bag to coat them.

Heat the oil in the pan and add the floured chicken pieces. Repeat until all the pieces are coated and in the frypan. Brown the chicken pieces on both sides over medium heat (it should take about 20 to 30 minutes) and then add the marinade and simmer until the chicken is well cooked, perhaps another 30 minutes.

CHINESE WALNUT CHICKEN

Sulu's grandfather was an engineer turned trader, with bases in both Hong Kong and in Japan. He was also one of the more astute businessmen, who saw an opportunity for expansion in the colony on Alpha Mensa Five. He emigrated and set up a flourishing business in mining equipment there. It was from him that this recipe came, and Sulu gave it to me, as one of his favorites. It makes 4 modest servings.

What you need:

INGREDIENTS:

- 2 whole chicken breasts (4 sides)
- 1 clove garlic
- 3 tablespoons oil
- 1 cup broken walnut meats
- ½ teaspoon ground ginger
- 1 teaspoon salt
- 1 tablespoon cornstarch mixed in ½ cup water or chicken broth

UTENSILS:

- 10-inch skillet

What to do:

Remove the skin from the chicken breasts and cut the meat from the bones. Cut the meat into ½-inch cubes and set aside. Peel and mince the garlic and set it aside. In the skillet, heat 2 tablespoons of the oil and add the walnuts; stir-fry them for a few minutes. Remove them from the pan, add the remaining tablespoon oil and all the remaining ingredients, except the cornstarch and water.

Stir-fry the chicken and spices until the chicken is no longer pink, perhaps 5 minutes. Add the walnuts again and heat them through. Then add the cornstarch and water and cook until thickened. You may want to add a bit more water or broth to make the mixture a bit saucier. Serve with fluffy cooked rice (see page 22).

NASI GORENG

(Indonesian Curried Rice)

While Sulu is not aware of any Indonesian ancestors in his family tree, he is nonetheless very fond of Indonesian cooking. This particular fried rice recipe can easily be "expanded" at the last minute to serve a couple of extra people, since the exact proportions of meat and rice can be varied slightly without much changing the dish. Using 2 cups of raw rice, this should serve 6 people generously; with 3 cups of raw rice it should serve 8.

What you need:

INGREDIENTS:

- 1 pound thinly sliced steak (buy 1½ to 2 pounds chuck or T-bone steak, depending on how much fat and bone there is to the meat)
- 2 whole chicken breasts, (four sides) skin removed, boned and thinly sliced
- ½ pound shelled and deveined cooked shrimp (⅔ pound cooked in the shells)*

* If you buy raw shrimp, drop them in boiling water for 10 minutes.

MARINADE FOR BEEF:

¼ cup salad oil
1 cup chopped onion
1 clove garlic, finely chopped
¾ teaspoon coriander seed, ground in blender
1 teaspoon curry powder
½ teaspoon salt
⅛ teaspoon freshly ground black pepper

MARINADE FOR CHICKEN:

¼ cup salad oil
1 clove garlic, finely chopped
½ teaspoon coriander seed, ground in blender
1 teaspoon curry powder
½ teaspoon salt
⅛ teaspoon freshly ground black pepper

All the rest of the ingredients vary in quantity with the amount of rice you choose to use. The smaller quantities will be given first, with the larger quantities next to them, in parentheses.

2 cups (3 cups) raw rice
2 teaspoons (1 tablespoon) salt
2 tablespoons (3 tablespoons) butter or margarine
4 cups (6 cups) water
½ cup (¾ cup) chopped green onions
4 tablespoons (6 tablespoons) butter or margarine
4 tablespoons (6 tablespoons) salad oil
2 teaspoons (1 tablespoon) curry powder
1 tablespoon butter or margarine
4 (5) eggs

UTENSILS:

2 bowls, for marinating the chicken and beef
2-quart saucepan with lid for cooking the rice
12-inch frypan (or larger if you have it)
10-inch frypan to make thin omelets
Fork or eggbeater

What to do:

With a sharp knife, cut the beef from the bones and trim off the fat. To cut it into very thin slices, you may want to put it in the freezer until it is

somewhat stiff, but not a block of ice. It is far easier to cut it thinly this way. Place the sliced beef in a bowl, add the onions and spices and pour the oil over all. Stir to mix and coat thoroughly.

For the chicken, cut the skin loose from the meat and carefully cut the meat away from the bones. Then slice it into small thin chunks. Put the chicken in another bowl, sprinkle it with its spices, pour the oil over it and mix well. Cover the bowls and set them aside to marinate for several hours at room temperature, or overnight in the refrigerator.

About an hour before you want to serve the meal, put the rice on to cook. Place the rice, salt, butter and water, in the pan. Bring to a rapid boil; reduce the heat and simmer for about 20 minutes, or until the water is all absorbed. Remove from the heat and set aside.

Meanwhile, clean and slice the green onions. Shell the shrimp and cut each into 2 or 3 pieces. Set aside.

Heat the 12-inch frypan until a drop of water skitters about. Add the chicken, complete with marinade, to the pan and fry, stirring constantly, until no more pink shows. Remove from the pan and set aside. Do the same for the beef, remove it from the pan and set it aside also.

In the same pan, melt 4 (or 6) tablespoons butter, add 4 (or 6) tablespoons oil and 2 (or 3) teaspoons curry powder. Stir well and when the butter is foamy, add the cooked rice. Stir until it is evenly coated with the oil and curry mixture. Add the cooked beef, chicken and shrimp, as well as most of the green onions. Reserve a small amount of the green onions as a garnish to be sprinkled on just before serving. Mix thoroughly and fry until it is thoroughly heated.

In the 10-inch frypan melt 1 tablespoon butter and heat until foamy. Beat the 4 (or 5) eggs in a bowl with a fork or eggbeater. Pour part of the eggs into the hot pan and tip the pan to make the eggs flow

around. Flip over with a spatula, finish cooking and turn out on a plate. Repeat until you have used up all the beaten egg. Cut the thin omelets into thin strips and cut the strips into short pieces.

Put the rice-meat mixture in a large bowl or on a large platter. Sprinkle the egg strips over it and then the last of the sliced green onions. Serve immediately.

SNOW PEAS AND MUSHROOMS

This goes well with the Walnut Chicken and with Sulu's Lemon Chicken. It is a simple, quick-cooking dish, a little bit crisp and crunchy when finished. It is especially nice in season, when snow peas are available fresh. There should be enough for about 6 people.

What you need:

INGREDIENTS:

- 2 cups thinly sliced celery (about 4 ribs or stems)
- 2 cups sliced fresh mushrooms (a bit less than 1/2 pound)
- 2/3 cup sliced green onions
- 3 (6-ounce) packages of frozen snow peas or about 1 pound fresh*
- 4 tablespoons cooking oil
- 2/3 cup water
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 2 teaspoons sugar
- 1/2 teaspoon salt

UTENSILS:

- 12-inch frypan with lid
- Cup or small bowl

What to do:

Prepare the vegetables: wash and trim off any blemishes from the celery, mushrooms and onions. If you are using fresh snow peas, break off the stem and blossom ends and pull off any strings you can.

* Snow peas are also called sugar peas, or edible pod peas.

Slice the mushrooms and green onions into ¼-inch thick pieces. Slice the celery diagonally across the ribs into very thin slices (1/16 to ⅛ inch thick). If the peas are not quite thawed, put them in a colander or a strainer and run warm water over them until you can break them apart without tearing them up.

Heat the oil in the pan until a drop of water sizzles in it. Add the celery, and if you are using fresh peas, add them too. Cook for about 4 minutes, with the pan hot enough to keep the vegetables sizzling, but being careful not to scorch them. Add the mushrooms and cook about 3 minutes more. Add the frozen peas (unless you have already added fresh ones) and the sliced green onions and cook about 3 minutes more.

Now, turn the heat down and mix together in a cup or small bowl the water, cornstarch, soy sauce, sugar and salt. Add the mixture to the vegetables, and cook, stirring constantly, until it is thickened. Reduce the heat until the vegetables are just barely simmering. Cook for a few minutes more, with the pan covered. Serve.

JAPANESE PICKLED MUSHROOMS

Sulu's spur-of-the-moment decisions to entertain have more than once left him with what seemed to the rest of us an impossibly short time to get ready. His resourcefulness has thus far proved quite enjoyable. Here is Sulu's version of "instant" pickled mushrooms. (He usually prepares them a day ahead, as they are better if left in the refrigerator overnight.)

What you need:

INGREDIENTS:

1 pound fresh mushrooms
½ cup sugar
½ cup Japanese light soy sauce (usukuchi shoyu)
½ cup rice vinegar (cider vinegar may be substituted)
2 tablespoons dry sherry

UTENSILS:

Small saucepan with lid (1- or 1½-quart size)
Slotted spoon
Bowl or jar

What to do:

Small button mushrooms are ideal for this recipe, but larger ones cut in halves or quarters are also fine. First wash and pat dry the mushrooms. Trim off the ends of the stems, leaving enough so that the remaining stem is about as long as it is thick. (Pieces that you cut off may be salvaged, sautéed in butter and used for, or added to, mushroom soup.) Cut the mushrooms in halves or quarters if you are using large ones.

Put all the ingredients except the mushrooms in the pot and bring to a boil. Add half the mushrooms, return to a boil and simmer for 5 minutes. Remove the pot from the heat and let the mushrooms cool in the liquid for about 10 minutes. Take the mushrooms out of the liquid with a slotted spoon and put them into a bowl or jar.

Add the other half of the mushrooms to the liquid and repeat the process, only this time allow the mushrooms to cool in the liquid about 20 minutes. Remove the mushrooms from the pot and add them to the first batch. Cover the bowl, or close the jar, and store the pickled mushrooms in the refrigerator until time to serve them.

If you wish to pickle still more mushrooms with the liquid, add 2 tablespoons each sugar, soy sauce and vinegar and 2 teaspoons sherry to it before adding any more mushrooms.

HAZELNUT CAKE

Sulu first ran across this dessert in Singapore and liked it immediately. He has since found out that it was originally a Central European specialty. This cake will serve 8.

What you need:

INGREDIENTS:

CAKE:

- 3/4 cup whole shelled hazelnuts (you will need at least 1 (6 ounce) package to make both the cake and the filling)
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 3 eggs
- 1/2 cup butter or margarine (1/4 pound)
- 1 1/4 cups sugar
- Grated rind and juice of 1 lemon
- 1/4 teaspoon salt
- 1/2 cup plus 2 tablespoons milk

FILLING:

- 1 1/2 cups milk
- 4 egg yolks
- 1/2 cup sugar
- 1/4 cup flour
- 1/8 teaspoon salt
- 1/2 teaspoon vanilla
- 1 tablespoon brandy
- 1/4 cup whole, shelled hazelnuts
- Confectioners' sugar

UTENSILS:

- 9-inch springform pan
- Large strainer
- Eggbeater
- 3-quart bowl
- Small dish
- Smaller bowl
- Meat or nut grinder
- Blender
- Shallow pan for roasting the hazelnuts
- Cake rack

What to do:

CAKE:

Put the hazelnuts in the oven (or toaster-oven) at 400°F. and roast them for about 8 or 10 minutes. The skins should darken noticeably and the cream colored nutmeats should be only a little darker than raw nuts. (Do the nuts for the cake and the filling at

the same time and see that they are spread out in a single layer in the pan while they are roasting.)

When the nuts are cool enough to handle, rub them together in your hands to remove most of the brown, paper-thin skins. Put them all through the meat or nut grinder, and divide the resulting pile of ground nuts ¾ and ¼. You will probably have about 1⅓ cups total, so this division will give you about 1 cup for the cake and ⅓ cup for the filling. Set aside the portion for the filling—it will be mixed in just the way it is.

Take the part for the cake and sift it through the strainer into a bowl. What doesn't go through the strainer, grind in the blender with a little of the flour. Strain again and grind the remaining bits with some more flour. Repeat until you have only a little bit of nut pieces left (a small spoonful or less). Add that to what will be used in the filling. Add the rest of the flour and the baking powder. Mix it all together.

Separate the 3 eggs,* putting the whites in the 3-quart bowl and the yolks in a small dish. In the smaller bowl, cream the butter and sugar together. Beat in the egg yolks, add the lemon rind and juice,† salt and milk. Then beat in the flour and nut mixture.

Beat the egg whites until they are stiff. Carefully fold in the batter, pouring it into the beaten egg whites and mixing it with a cutting, over-and-under motion to avoid breaking up any more of the egg white foam than is necessary. When it is just barely evenly mixed together, pour it into the springform pan. Bake at 325°F. for about 45 to 55 minutes, or until a skewer stuck in the center comes out clean. Take it from the oven, set it on a cake rack and let it cool for a few minutes. Then release and remove

* See page 75.

** When you need both rind and juice from a lemon, grate the yellow part of the rind off first and then cut and squeeze the lemon.

the sides of the pan. When it is cool enough to handle, remove the bottom of the pan and let the cake cool on the rack.

FILLING:

Scald (just barely bring to a boil) the milk, take it off the heat and set it aside. Separate 4 eggs; put the yolks in a mixing bowl and the whites in a jar that can be tightly closed. (They will keep for a day or two in the refrigerator and can be used in an angel food cake, or for a meringue.)

Add the sugar and mix well. Add part of the flour and a little bit (a tablespoonful or so) of the hot milk. Repeat until the flour is all mixed in smoothly. Add the rest of the hot milk, pouring it in a thin stream stirring constantly while you add it. Add the salt, and cook over medium heat, stirring all the time.

When it has become quite thick, take it from the heat and pour it into the large strainer. Force it through the strainer into a bowl. Stir in the vanilla, brandy and ground hazelnuts. Cover and cool in the refrigerator. When the filling is cool, (it need not be quite cold) split the cake into 2 layers and spread the filling on the bottom layer. Replace the top layer, dust with confectioners' sugar, cover with plastic film to prevent drying and refrigerate.

FORTUNE COOKIES

Sulu's perceptive humor makes opening his fortune cookies fun—but I still haven't figured how he manages to have his guests pick the right cookie . . .

To make fortune cookies, the first move is to figure out 15 to 20 "fortunes" or quips. Type them out on thin typing paper, double spacing lines, and cut them into strips one line of type wide. (Fortunes should be one-liners fitting within an 8-inch width of paper.) Fold the strips, typing side in, in half and then in half again, so you end up with four

thicknesses of paper, 2 inches long. Do not use ball-point pens—the ink is oil soluble and will come off on the cookies.

What you need:

INGREDIENTS:

15 to 20 fortunes
2 eggs
⅓ cup sugar
2 tablespoons cooking oil
½ teaspoon salt
2 tablespoons milk
½ cup flour
¼ teaspoon almond extract
Butter or oil for griddle

UTENSILS:

Small bowl (about 1-quart size)
Eggbeater
Pancake turner, preferably a solid sheet one with no cutouts
Griddle or heavy aluminum frypan at least 10 inches in diameter; an electric frypan will do very nicely, too

What to do:

Break the eggs into the bowl and beat them thoroughly. Add the sugar, oil, and salt and beat well. Next add the milk, flour and almond extract. Beat all together into a smooth batter.

Heat the pan to about 325°F., or medium heat and brush with butter or oil. Take a soupspoon and dip out a spoonful of batter. Drop it onto the hot pan or griddle and quickly spread it out into a circle with the back of the spoon. The spread out circle should be quite a bit larger than what you would have had from just dropping the batter onto the hot surface. The resulting cookie, or pancake, will be a lot thinner, too.

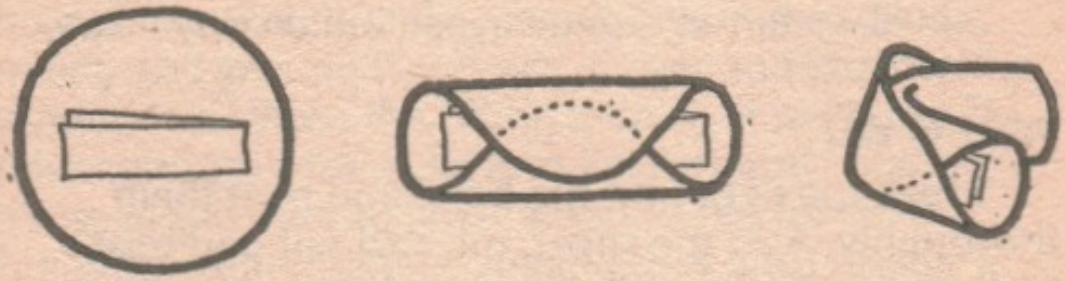
Cook no more than three "pancakes" at a time. Let them cook for about 3 to 5 minutes on the first side, then loosen them gently all around and flip them over to cook a couple of minutes on the other

side. They should be a light golden brown. As each is done cooking, remove it from the pan and fold it with the fortune inside.

To fold a cookie, put a folded fortune on the cookie, take the two opposite edges of the circle, bring them over the fortune and overlap them to get a sort of tube. Fold the tube in half, overlapped side out to get a kind of bowknot effect. Wedge the folded cookie between two surfaces so it can't unfold before it cools. After it has cooled, it will not unfold.

Repeat, brushing the pan lightly with buttter or oil each time, until you have used up all the batter. Finished cookies, before folding, should be 3 to 4 inches in diameter. If you want the cookies crisp, put them on a cake cooling rack and bake at 225°F. for about 45 minutes.

Cookie Folding:



Sample Fortunes:

Today is a good day to make friends with a Vulcan.
Starfleet wants you!
Beware of Klingons bearing gifts.
Distraction is dangerous today; keep to your chosen Enterprise.
Save Dilithium crystals—warp with a friend!
Today's mystery will unravel quickly, if you use all the clues.
You will find your heart's desire on Argelius.
He who is too big for his britches gets it in the end.
Your fortune is out among the stars, do what you can to capture it.

A tall, dark, stranger will come into your life. Ignore his pointed ears.
Help! I'm a prisoner in a Chinese Fortune Cookie Factory!
Pon Farr is not for you. Stay with what you can understand.
Don't get involved with Orion dancing girls. They can only bring you grief.
Learn Klingonese. Today will bring you a diplomatic opportunity not to be missed.
There is a long voyage in store for you. Join Starfleet today.
Fortune will follow you through the galaxy.
Tribbles are trouble, worthy but worthless. Get rid of yours today.
Logic is the key only to that which can be opened.
You will have a long life and prosper.
Travel and Enterprise are in the near future.

Have fun making up your own. Newspaper horoscopes, books of wise sayings and the *Reader's Digest* are good places to look for ideas, if you happen to need any extra help.

ENSIGN CHEKOV

Mr. Chekov, our delightfully chauvinistic Russian, was very pleased to have some of his favorite (Russian, of course) dishes included here.

I had long been aware that Russian cuisine was much respected for its great variety, but I had had little chance before to sample it firsthand. It was not until Captain Kirk and the rest of the bridge crew decided to throw a surprise party for Dr. McCoy, who had recently been honored by the Federation Astromedical Society for his discoveries in the treatment of M-radiation sickness, that my chance finally came. Since Dr. McCoy's name had been placed in nomination for the award by both the U. S. and the Russian branches of the Society, Chekov suggested we have Russian food at the affair. Everyone agreed, so Chekov and I spent an afternoon preparing a sampling of his favorites for the party. The affair that evening was a lot of fun, and the Russian food was a huge success. Chekov had included things that might have graced the table of a Tsar, as well as traditional peasant-style dishes. The recipes here are from that banquet.

BORZOI BORSCHT

(Beet Soup)

Chekov jokingly calls his borscht recipe Borzoi Borscht, after the swift wolfhounds, because it takes him so little time to prepare. This recipe serves from 4 to 6 people.

What you need:

INGREDIENTS:

2 tablespoons cooking oil
1 large onion, chopped (about 1½ cups)
1 clove garlic, sliced
2 (1-pound) cans beets (sliced or diced)
1 (10½-ounce) can concentrated beef broth*
1 cup tomato juice
1 teaspoon sugar
2 tablespoons wine vinegar
Sour cream (about 1 cup or ½ pint)
Chopped fresh dill weed (or dried dill, if fresh is unavailable)

UTENSILS:

2- or 4-quart saucepan with lid
Blender and a bowl or saucepan to empty it into

What to do:

Heat the oil in the pan and fry the onion and garlic until the onion is golden. Add the beets, beef broth, tomato juice, sugar and vinegar to the onion. Bring to a boil and simmer for about 20 minutes.

Put 1 to 2 cups of the soup in the blender and blend until it is a puree. Repeat for the rest of the soup, emptying the puree into a bowl or saucepan.

Reheat if necessary and ladle into bowls. Garnish with a heaping tablespoon of sour cream and sprinkle generously with fresh chopped dill. If you have no fresh dill, dried dill may be used, but a little more sparingly as it has a stronger flavor.

GOLUBTSI

(Cabbage Rolls)

These cabbage rolls are a peasant-style dish, with some variant cropping up almost everywhere the Slavic languages are spoken. Chekov's version is tasty and not difficult to prepare once you get the hang of stripping leaves off a slightly cooked cabbage. This serves 6 or 8 people.

* If you wish to make this borscht vegetarian style, you may substitute 1¼ cups water with 2 vegetarian-style bouillon cubes for the can of concentrated beef broth.

What you need:

INGREDIENTS:

1 head of plain white cabbage (about 6 pounds or so)

FILLING:

2 tablespoons cooking oil
1 Spanish onion, chopped (about 12 ounces)
1¼ pounds lean ground beef
½ teaspoon dried dill weed
⅛ teaspoon freshly ground black pepper
½ teaspoon salt
1 cup raw rice, cooked in 2 cups water with 1 teaspoon salt (see note)

SAUCE:

1 (16-ounce) can tomatoes
1 (6-ounce) can tomato paste
1 teaspoon sugar

UTENSILS:

Large kettle or pot with lid (about 8-quart size or larger)
10-inch frypan
Small mixing bowl (about 1-quart size)
12-inch frypan or an electric frypan with lid
2-quart saucepan with lid for cooking the rice

What to do:

CABBAGE LEAVES FOR GOLUBTSI:

In a large kettle (an 8-quart one will do nicely) bring about 3 quarts of water to a rapid boil. Remove the outer blemished leaves from the cabbage and cut out the stem and core. Place the cabbage, core side down, in the boiling water and cover the pot. Leave it in for 10 minutes, then take it out of the pot with two kitchen spoons and set it, core side down, where it can drain. Pour cold water over it and gently strip off leaves, one at a time, until you have about 20 whole leaves. If, after you have stripped off a number of leaves, you find the inside too crisp for easy stripping, you can repeat the steaming for another 5 minutes, cool it again and go from there. Trim the heavy center rib off each leaf, being careful not to cut through the leaf.

(There will be a smallish head of cabbage left, which can be boiled and eaten the next day.)

FILLING:

In a 10-inch frypan, heat the oil and fry the onion until golden. Add the ground beef, broken into small chunks, and stir until it is well broken up into small bits. Sprinkle in the dillweed, pepper and salt. Cook until the meat is no longer pink. Add the cooked rice and mix thoroughly. The filling is now ready to be rolled up in the cabbage leaves.

On each leaf place 2 heaping tablespoons of filling, fold the rib part of the leaf over it, then fold each side up over that, and roll; finishing up with the thinnest part of the leaf last. Place the roll, open flap down, in an electric frypan, which is turned to "warm" setting. Repeat until you have used up all the filling. You should have 18 to 20 rolls—enough to fill the frypan.

SAUCE:

In a bowl, mix together the tomatoes, tomato paste and sugar. Pour it over the rolls in the pan, cover and bring to a gentle boil. Simmer for about 1 to 1¼ hours.

The rolls may also be cooked in a 12-inch skillet on top of the stove over a very low heat—just enough to keep the sauce gently simmering. It should also take a bit more than an hour after it starts to simmer.

If you wish, the Golubtsi may be cooked in the oven, but it takes a good bit longer—more like 2 hours at 275° to 300°F.

Preparation time, before cooking is about an hour, but leave yourself more the first time you try it. Total time required: 2 to 2½ hours.

Note: To cook the rice, put it along with the water and salt in a medium-sized saucepan, bring to a rapid boil, then reduce the heat and simmer gently for about 20 minutes, or until the liquid is absorbed and the rice is tender.

BEEF STROGANOV

Chekov is very fond of mushrooms. As a result, his version of Beef Stroganov uses almost as much mushrooms as it does meat! The recipe he gave me will be enough for 6 to 8 people.

What you need:

INGREDIENTS:

- 4 tablespoons butter or margarine
- 1 Spanish onion, sliced thinly and the slices cut into quarters
- 1 pound fresh mushrooms washed and sliced
- 2 tablespoons flour
- 1 cup sour cream (½ pint)
- 1¼ pound filet mignon (beef fillet), sliced into thin strips about 2 inches long
- ⅛ teaspoon freshly ground black pepper
- 1 teaspoon salt

UTENSILS:

- 12-inch frypan with lid
- 3-quart bowl

What to do:

Melt 2 tablespoons of the butter in the frypan and fry the onions until they begin to brown. Add the mushrooms, reduce the heat, cover the pan and cook them until soft, stirring occasionally. Then transfer the cooked onions and mushrooms to the bowl, sprinkle the flour over them and mix it in thoroughly. Add the sour cream to this and let it stand while you fry the meat.

To fry the beef, melt the remaining 2 tablespoons butter in the pan, heat it until it begins to turn brown and add the sliced meat. Season with salt and pepper and cook at high heat until the meat is lightly browned. It should take about 5 minutes or a little longer, at about 400°-500°F. on a thermostat burner. Take the pan off the burner, add the onion-mushroom mixture, stirring thoroughly, and put it back on the stove to simmer for a few minutes at very low heat.

This may be served with rice and Uzbek Vegetables.

TOVUK PALOV

(Chicken Pilaf, Uzbek Style)

One of Chekov's ancestors, a feisty Uzbek, was the owner of a caravansary in Tashkent, long ago, which was known far and wide for its good food and hospitality. Some of his descendants settled in Moscow as traders of fine rugs, bringing their old ways with them. One of the beautiful daughters of these Uzbek traders married into the Chekov family, and from her comes the Uzbek part of that family's traditions.

Chekov is very fond of Uzbek cooking and has included three Uzbek-style recipes in his greater Russian collection. This recipe serves 6 generously, or 12 as part of a buffet.

What you need:

INGREDIENTS:

- 1/4 cup cooking oil
- 12 serving-sized chicken pieces (breasts and thighs mixed, or all of one or the other, depending on your preference for light or dark meat)
- 1 large Spanish onion (about 1 pound before peeling)
- 1 pound carrots
- 2 cups raw long-grain rice
- 4 cups water, or any mixture of chicken broth and water*
- 2 teaspoons salt*
- 1/8 teaspoon freshly ground black pepper

UTENSILS:

- 12-inch frypan with lid
- 6- or 8-quart pot with lid

* Canned chicken stock "ready to use" is already salted. Canned condensed broth has enough salt in it to take care of the "equal parts" water that it is supposed to be diluted with. If you use extra water, add ½ teaspoon salt per cup. If all 4 cups of the liquid is plain water, you will need the 2 teaspoons of salt.

What to do:

In the frypan, heat the oil and fry the chicken pieces, covered, until golden on both sides. This should take 30 to 35 minutes over medium high heat.

While the chicken is cooking, peel and chop the onion. Cut it into ¼-inch rings and cut the rings into quarters. Peel the carrots, cut them into quarters lengthwise and cut these strips into 2-inch lengths. When the chicken is nicely browned, take it out of the pan and set it aside on a plate.

Put the carrots and onions in the pan. Fry until the onions are golden and both have softened a bit. It will take about 10 minutes, or a bit longer. Add the raw rice to the vegetables in the frypan and stir until all the rice is coated with oil.

Transfer the rice and vegetables to the large pot, add the water or broth, salt (see note for proper amount), pepper and the chicken pieces. Bring to a boil over high heat, then reduce the heat and simmer until the rice is tender, about 20 to 25 minutes.

To serve, mound the rice and vegetables on a platter and arrange the chicken pieces on top. Chekov likes to serve Uzbek Onion Bread with this.

UZBEK VEGETABLES

This recipe makes about enough for 4 good-sized servings.

What you need:

INGREDIENTS:

1 pound carrots (preferably long thin ones)
1 medium onion
2 tablespoons butter or margarine
1 cup canned tomatoes, including juice
¼ teaspoon salt
⅛ teaspoon or less freshly ground black pepper
4 green onions
1 tablespoon chopped fresh parsley

UTENSILS:

2-quart saucepan with lid

What to do:

Pare and cut the carrots into quarters lengthwise. Then cut the long strips into 2-inch lengths. Peel and cut the onion into thin slices. Separate the onion slices into rings. Fry them in the butter until they start to brown. Add the carrot pieces and fry for a few minutes.

Reduce the heat, add the tomatoes, salt and pepper. Cover and simmer until the carrots are tender, about 20 minutes. Slice the green onions into thin rings, including about 3 inches of the green tops. Chop the parsley. Put the cooked vegetables in a serving dish, sprinkle the green onions and parsley over them and serve.

Note: If, when the carrots are nearly tender, the vegetables appear to be too juicy, you can simmer them, uncovered, for a few minutes to evaporate some of the liquid. Before serving, taste for saltiness and add a bit more if necessary. How much salt you need to add depends on how salty the canned tomatoes are.

UZBEK ONION BREAD

This recipe will make 6 pieces of unleavened bread, each about 6 or 7 inches across, or 12 pieces about 4 or 5 inches in diameter.

What you need:

INGREDIENTS:

3 tablespoons butter or margarine
¾ cup finely minced onion (1 medium to large onion)
½ teaspoon salt
¼ cup plus 2 tablespoons water (3 ounces)
1½ cups flour

UTENSILS:

10-inch frypan
Griddle or large frypan or even an electric frypan
Rolling pin and waxed paper

What to do:

In the smaller frypan, melt 1 tablespoon of the butter and fry the onion until golden and soft. Take the pan off the heat. Add the remaining 2 tablespoons butter, and when it is melted, the salt and the water.

When the mixture is lukewarm, start adding the flour, a bit at a time, until you have a dough that does not stick to your fingers. You will probably not need all of the 1½ cups flour.

Divide the dough into 6 parts (or 12, if you wish) and roll each part into a ball. Take a square of waxed paper, flour it lightly and with a well floured rolling pin, roll the ball of dough into a thin circle on it. If you made 6 balls of dough, the circles should be about 7 inches across; if you made 12, the circles should be about 5 inches in diameter.

Heat the large frypan or griddle so that a drop of water skitters about on its surface. Roll out the rest of the balls of dough (a square of waxed paper is good for rolling out 2 or 3 balls before the dough sticks to it). Cook the circles on the hot ungreased griddle or pan about 3 or 4 minutes to a side, or until they are golden brown. Serve.

PIROSHKI

(Small Beef or Mushroom Pies)

Chekov's Piroshki* make good snacks and go very well with his Borzoi Borscht. For Dr. McCoy's party, Chekov made both Beef and Mushroom Piroshki.

Once when he was in a real hurry, I saw him mix a pan of filling faster than I could keep track of what he was putting in. He took sheets of prepared pastry dough from a refrigerator package and in an incredibly short time turned out a delicious batch. It seems like every time he makes piroshki, he changes something!

* Editor's note: For Walter Koenig's piroshki, see page 191.

What you need:

INGREDIENTS:

PASTRY:

2 cups flour
1 teaspoon salt
1 teaspoon baking powder
⅔ cup butter or margarine (1⅓ sticks or ⅔ of an 8-ounce tub)
3 to 4 tablespoons sour cream
1 egg, for glaze

BEEF FILLING:

2 tablespoons butter, margarine or cooking oil
2 cups chopped onion
1 pound lean ground beef
⅛ to ¼ teaspoon freshly ground black pepper
1 teaspoon dried dill weed
1 teaspoon beef bouillon granules or 1 beef bouillon cube, crumbled
2 tablespoons flour

MUSHROOM FILLING:

2 tablespoons butter or margarine
⅔ cup chopped onion
½ pound fresh mushrooms, coarsely chopped
2 hard-boiled eggs, chopped
1 teaspoon dried dill weed
¼ teaspoon salt
2 tablespoons flour
¼ cup sour cream

UTENSILS:

10-inch frypan
3-quart mixing bowl for pastry
Rolling pin and waxed paper
Cookie sheet, or better still, 2 of them
Round "cookie cutter"
Small bowl
Pastry brush

"Cookie cutter" may be a 20-ounce fruit can with both ends removed (3¼-inch diameter), or a 30-ounce fruit can with both ends removed (4-inch diameter). Be careful to open the can neatly so that no edges are left for you to get cut on. Both ends are

removed so that a circle of dough can easily be pushed out, should it stick inside the cutter.

What to do:

Make the dough a couple of hours in advance, so that it may be chilled. Put the flour in the bowl, add the salt and baking powder, and then with two knives or a pastry blender, cut in the butter until the mixture looks grainy, like coarse cornmeal.

Add the sour cream, a tablespoonful at a time. Mix with a fork or with your hands (preferably) until the dough hangs together, and you can make a ball out of it. You should be able to squeeze the ball without having it crumble to bits. Chill for about 2 hours, wrapped in wax paper or plastic wrap.

FOR THE BEEF FILLING:

Heat the butter in the frypan and add the onion. Fry until it is soft and golden. Add the ground beef and everything else but the flour. Cook the beef, stirring well to break up any lumps, until it is no longer pink. Add the flour, sprinkling it over the beef, and mix it in well. Cook a few more minutes. Remove from the heat and let it cool while you roll out the dough.

FOR THE MUSHROOM FILLING:

Heat the butter in the pan, add the onion and cook for about 5 minutes, or until the onion is soft and golden. Add the mushrooms, and cook for 5 minutes more. Remove from the heat. Add the rest of the ingredients, stirring to mix them together thoroughly. Let the mixture cool while you roll out the dough.

TO ASSEMBLE THE PIROSHKI:

Get the dough out of the refrigerator and break off slightly more than one-third of it. Make a ball of

it and roll it out between two sheets of waxed paper until you have a circle roughly 10½ to 11 inches in diameter. Remove the top sheet of waxed paper and with your "cookie cutter" mark and cut 7 (3¼-inch) circles. Or you might roll out the same amount of dough into an oblong about 8 x 12 inches and cut out 5 or 6 (4-inch) circles.

Put a circle on the ungreased cookie sheet. Place on it as much filling as you can without having it ooze out when you go to seal it. This should amount to perhaps 2 heaping teaspoons for the smaller circles and 1 heaping tablespoon for the larger ones. (It is pretty much a trial and error business until you get the hang of it.)

Fold the pastry circle in half over the filling, press together with your fingers and then seal by pressing with the tines of a fork. Repeat until you have used up all the pastry and all the filling.

Beat an egg in a bowl with a fork. When you have a cookie sheet full of Piroshki, brush them with beaten egg. Bake at 350°F. for about 15 minutes, or until they are golden brown.

MAZUREK

(Orange-Nut Torte)

According to Chekov, his grandmother in Kiev knows how to make more than 30 different kinds of Mazurek. He steadfastly maintains that it is strictly a Russian invention, but my Polish friends tell me that it really comes from the Mazury area northeast of Warsaw. At any rate, Chekov is very fond of it and included it in the banquet for Dr. McCoy. This makes 6 to 12 servings.

What you need:

INGREDIENTS:

8 ounces walnuts
4 ounces candied orange peel
5 eggs, separated*
1 cup sugar
Juice and grated rind of 1 lemon**
1 cup flour
Butter or margarine to grease the cake pan
Confectioners' sugar to dust the top of the cake

UTENSILS:

2 mixing bowls; the larger one of at least 3-quart size
Eggbeater
Nut or meat grinder
Rectangular baking pan, 8 x 12 inches on the bottom and at least 1¼ inches deep, or 2 (8-inch) round cake pans

What to do:

Grind the nuts and the candied orange peel. Preheat the oven to 325°F. Separate the eggs. Put the whites in the larger bowl and the yolks in the smaller one. Add ¾ cup of the sugar, the lemon juice and rind to the egg yolks and beat until light colored.

Mix together the flour, nuts and candied orange peel. Add ¼ cup sugar to the egg whites and beat until soft peaks form when you lift the beater out. Fold† the egg yolk mixture into the whites gently and then fold in the dry ingredients. Do not stir.

Pour the batter into the greased pan or pans. Bake for about 30 minutes, or until a skewer poked in the center comes out clean. Dust the top of the cake with confectioners' sugar. (A good way to do this is to put a little of the sugar in a small strainer and stir it gently as you move it back and forth over the cake.)

* See page 75.

** When you need both rind and juice from a lemon, grate the yellow part of the rind off first, then cut and squeeze the lemon.

† Fold means to mix in with an over-and-under cutting motion, in order to avoid breaking up any more of the egg white foam than is absolutely necessary.

KISSEL

(Fruit Pudding)

Chekov's recipe for Kissel can be applied to a variety of fruits. It is appropriate for use with frozen or canned fruit, as well as with fresh fruit. How you choose to make it depends chiefly on what you have at hand, how thick you like it and how much of a hurry you happen to be in before you start.

GENERAL RULES OF THUMB:

1 cup of berry or fruit juice yields 2 servings

Sweeten to taste before adding the starch—sugar requirements vary from no additional sugar needed with canned fruit, to as much as ¼ cup per cup of liquid

Starch requirements vary, too:

2 teaspoons per cup of liquid: Kissel is still barely pourable when cool

4 teaspoons per cup of liquid: Kissel is soft, but not pourable when cool

What you need:

INGREDIENTS:

RASPBERRY KISSEL:

2 (10-ounce) packages frozen red raspberries
1 cup water
¼ cup sugar
2 to 4 teaspoons cornstarch per cup of liquid

APRICOT KISSEL:

1 (30-ounce) can whole peeled apricots, including the liquid
Juice of ½ lemon
2 to 4 teaspoons cornstarch per cup of liquid

RHUBARB KISSEL:

4 cups sliced red rhubarb stalks
1 juicing orange, minus the seeds, cut into small chunks
2 cups water
¾ cup sugar
2 to 4 teaspoons cornstarch per cup of liquid

UTENSILS:

2-quart saucepan
Large strainer
Wire whisk
Blender (for Apricot Kissel)
6 to 8 individual glass serving dishes: custard cups, sherbets, etc.

What to do:

For the Apricot Kissel, drain the juice from the can into the blender jar. Add the lemon juice to it. Remove the pit from each apricot and add the apricots to the juice in the blender. Puree the apricots and strain the puree into a measuring cup. Add a little water, if necessary, to make 3 cups of liquid.

Pour the liquid into the pan and add the desired amount of cornstarch (2 to 4 tablespoons mixed in the same number of tablespoons of water). Cook over medium heat, stirring constantly, until it thickens and no longer appears milky. Pour into glasses and chill.

For the Raspberry and Rhubarb Kissels, put the fruit and water in the pan and cook until the fruit is soft, perhaps 10 minutes, or a bit more. Strain the juice into a measuring cup. With the raspberries you can be fairly vigorous in getting most of the juice out. With the rhubarb you will have to be more careful, or you will have a lot of pulp going through the strainer. Add the sugar and measure out the desired amount of cornstarch, in proportion to the amount of liquid you have. Mix the cornstarch in an equal volume of water and add it to the fruit juice. Cook over medium heat, stirring constantly, until it thickens and no longer appears milky. Pour into glasses and chill.

Kissel may be served cold with vanilla flavored whipped cream, or with plain cream poured on top.

LIEUTENANT UHURA

The food and recipes of Uhura's homeland, which I have come to know since she came aboard the Enterprise, provide one of the many good reasons she has for being proud of her heritage. While all of the recipes she has given us have been common to the Bantu nation for the last hundred years or so, their origins are diverse. Some were from West Africa as recently as the 20th century, and some which were common in East Africa during the 19th century had their roots in India long before that. Some, of course, are indigenous to her home territory.

SUPU YA KIAZI

(Yam Soup)

Even in this cosmopolitan era of easy travel, many groups have fortunately retained some of their ancestral food traditions. Uhura's yam soup is made from an old West African recipe, and while the flavor is different from what non-Africans usually serve, it has come to be widely liked aboard the Enterprise. This recipe makes 4 to 5 cups of soup.

What you need:

INGREDIENTS:

¾ cup chopped green onions
⅓ cup chopped green pepper (½ a small one)
2 tablespoons cooking oil
1 large sweet potato (about 1 pound), cut into ¼-inch slices
1 cup canned tomatoes
2½ cups beef or chicken broth, 1 (10-ounce) can concentrated broth plus one can water may be used)
¼ teaspoon salt, or to taste
¼ teaspoon freshly ground black pepper, or to taste
Parsley

UTENSILS:

2-quart saucepan with lid
Blender and a bowl
Large strainer

What to do:

Clean and trim the green onions, leaving 2 or 3 inches of the green tops. Cut them into small bits, including the green part. Trim away the seeds and light colored ribs inside the pepper and discard. Cut the pepper into small chunks.

Heat the oil in the pan and cook the onion and pepper until they are soft. Peel and slice the sweet potato and add it, and all the rest of the ingredients except the chopped parsley. Simmer, covered, for about 20 minutes, or until the sweet potatoes are soft.

Put the soup in the blender, about 1 cup at a time, and run the blender until it is a puree. Strain the puree into the bowl; repeat until all of the soup is pureed. (Straining it after blending removes stray tomato seeds and any fibers from the sweet potatoes that might remain.) Rinse out the saucepan and return the soup to it for reheating over low heat. Serve in small bowls, sprinkled with a little chopped parsley.

Note: As with all hot things, it is important to have the top on the blender, but loosely, so that when the air mixes with the hot contents and expands, it can't throw hot food up and out over you. Some blenders make it easy to do hot things, others are somewhat hazardous. Try a small amount first to see how yours behaves; it might also be wise to wear rubber gloves at least the first time you try it.

NYAMA YA KITUNGUU

(Beef with Onion Sauce)

This meat sauce with onions goes particularly well with Mahindi Kama Kilimanjaro, but it may also be served with Wali Ya Kimanjano, and a green vegetable. For extra quick preparation, a tender cut of steak may be used; while stewing beef may ordinarily be used, it does require longer cooking. This amount should serve about 6 to 8 people.

What you need:

INGREDIENTS:

- 3 tablespoons cooking oil
- 1 large Spanish onion (about 1 pound) sliced thinly and the slices quartered
- 2 pounds beef (steak, chuck, etc.), cut into small thin pieces
- 1 (10-ounce) can concentrated beef broth
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 tablespoons cornstarch mixed in 1/4 cup water

UTENSILS:

- 4-quart pot with lid or a 12-inch frypan with lid

What to do:

Heat the oil in the pan and fry the onion until brown (some will be pretty dark, others will be golden colored). Add the beef strips and fry until they are no longer pink. Pour in the undiluted beef broth and sprinkle with the pepper. Simmer,

covered, until the meat is tender. With steak it may take about 20 to 30 minutes; with chuck or other less tender cuts of beef, it will take about an hour or more. When the meat is tender, add the cornstarch mixed with water. Cook a few minutes longer until the sauce is thickened.

MCHUZI WA NANASI

(Curried Beef with Pineapple)

East Africans are fond of curries, and Uhura is no exception. Curries include a broad range of meat and vegetable stews, spiced in a recognizable manner. The blend of spices known as curry powder may be used in place of blending your own and can easily be varied to suit different recipes by adding more of one or another of the ingredients. (This does not require the use of a spice mill or a mortar and pestle.)

Uhura's recipe makes a tangy curry with a smooth yellow sauce. Lamb or veal can be used instead of beef with equally good results. This recipe with rice should serve 8.

What you need:

INGREDIENTS:

3 tablespoons cooking oil
2 cups chopped onion
1 clove garlic, thinly sliced
¼ teaspoon chili powder
2 teaspoons curry powder
2 teaspoons salt
1 teaspoon turmeric
2 pounds beef, cut into thin bite-sized strips (steak, roast, stewing cubes, etc.—almost any cut will do, since it will be stewed for more than an hour)
Grated rind of ½ lemon (about 2 or 3 teaspoons)*
½ cup dark raisins
1½ cups coconut milk (see directions, page 166)

* Grate ½ the rind off a whole lemon. Don't cut it.

1 (20-ounce) can pineapple tidbits or chunks, canned in juice
2 tablespoons cornstarch mixed in ¼ cup water
2½ cups raw rice (cooked according to directions on page 22)

UTENSILS:

2-quart saucepan with lid
10- or 12-inch fry pan with lid
Grater (use the coarser sharp teeth to grate off the yellow lemon rind)

What to do:

Heat the oil in the pan and cook the onion and garlic until the onion is soft and golden. Add the seasonings, cook a couple of minutes, stirring constantly, and then add the meat. (It should be cut into strips about ¼ inch thick, ½ inch wide and about 2 inches long.)

Stir the meat and cook until it is no longer pink, but do not brown it. Add the lemon rind, raisins and coconut milk. Simmer, covered, for about 45 minutes. Drain the pineapple tidbits or chunks and add them to the curry. If you are using the chunks, cut each one in half before adding. Simmer for 15 minutes, then add the cornstarch mixture. Cook until thickened and serve with cooked rice.

COOKED RICE:

To prepare cooked rice to serve with this curry, take 2½ cups of raw rice and prepare it according to directions on page 22. It should make enough for about 8 servings.

ACCOMPANIMENTS FOR THE CURRY:

Small bowls of several (or all) of the following may be served with the curry:

Shredded coconut; Unsalted roasted peanuts, shelled and chopped; Cucumber, peeled, seeded and cut into small chunks; Mandarin orange sections (canned ones are suitable—drain before using); or Chutney (Achali ya Tunda—see recipe below).

ACHALI YA TUNDA

(Apple-Pineapple Chutney)

As chutneys go, this is a mild one. Uhura's recipe makes about 5 cups of chutney. It will keep for several weeks in the refrigerator, or it can be frozen for longer storage. Make at least 4 hours before serving.

What you need:

INGREDIENTS:

- 1 cup cider vinegar
- 1/2 cup chopped onion
- 2 apples, cut into eighths and cored, but not peeled
- 1 (13 1/4-ounce) can crushed pineapple, including the juice
- 1 small green pepper, cut into 1/4-inch chunks
- 1 cup dark raisins
- 1 cup brown sugar, firmly packed
- 1 lemon, cut into thin slices and then finely diced
- 1 1/2 teaspoons ground ginger
- 1 1/2 teaspoons salt
- 1/8 teaspoon ground cloves
- 1/4 teaspoon cinnamon

UTENSILS:

- Blender
- 2-quart saucepan
- Jars or plastic freezer containers for storing the chutney

What to do:

Put the vinegar in the blender, add the onion and apples and blend for a couple of seconds until they are coarsely chopped. Pour the mixture into the pan, add the rest of the ingredients. Simmer for about an hour or a bit more, until it gets thick. You will have to stir it occasionally. Pour into containers, chill and store for use later.

JOLLOF RICE

(Chicken with Rice in a Spicy Tomato Sauce)

This West African dish has as many variations as there are cooks, Uhura tells me. After tasting her version of Jollof Rice, I wouldn't recommend hunting another recipe for it. Hers makes a delicious, complete meal. There should be enough for 6 people.

What you need:

INGREDIENTS:

- 6 chicken legs (drumstick plus thigh)
- 2½ cups water
- 2 teaspoons salt
- 2 tablespoons cooking oil
- ½ cup chopped onion
- ½ cup diced green pepper
- 1 (16-ounce) can tomatoes
- 1 (6-ounce) can tomato paste
- ¼ teaspoon powdered thyme
- ¼ teaspoon ground ginger
- ¼ teaspoon freshly ground black pepper
- 2 to 2½ cups cut green beans (fresh or frozen)
- 1½ cups raw rice
- 3 cups chicken broth, or chicken broth and water mixture (use liquid from parboiling chicken—see directions below)

UTENSILS:

- 2-quart saucepan with lid
- 12-inch frypan with lid or 4-quart pot with lid
- Strainer
- Bowl

What to do:

Cut the chicken legs apart at the joint into thighs and drumsticks (or buy 6 thighs and 6 drumsticks). Rinse the chicken pieces, put them in the saucepan with the water and 1 teaspoon salt. Simmer, covered, for about 30 minutes, then remove from the heat and set aside.

In the large frypan, or 4-quart pot, heat the oil, add the onion and green pepper and fry until the onions are golden. Add the tomatoes, tomato paste, spices, remaining 1 teaspoon salt and the green beans. Then remove the chicken pieces from the broth and add them to the sauce and beans. Bring to a boil and let simmer for about 30 minutes, covered.

As soon as the chicken and sauce is simmering, strain the chicken broth into a bowl, put the raw rice in the saucepan and measure 3 cups of broth from the bowl into it (adding water, if necessary, to make up 3 cups). Do not add any salt to this, as the broth is already salted. Bring to a boil and simmer about 20 minutes, or until the rice is tender.

When both the rice and the chicken are done, remove the chicken pieces from the sauce onto a plate. Add the cooked rice to the sauce and mix thoroughly; then, on a large plate or platter, make a ring of rice mixture and put the chicken pieces in the center. Serve.

MAHINDI KAMA KILIMANJARO

(Corn, Kilimanjaro-style)

This dish is made up of corn, peas and potatoes. The vegetable mixture is shaped into a "volcano" on the guest's plate, and the crater filled with stewed meat and sauce, much as some people serve mashed potatoes to their children in the form of "birds' nests," filled with butter or gravy. Together with Nyama Ya Kitunguu (p. 157), it makes a complete meal.

What you need:

INGREDIENTS:

1 (10-ounce) package frozen peas
1 (10-ounce) package frozen corn
1 cup milk
3 cups potato flakes (instant mashed potatoes)

3 cups hot liquid, including the liquid in which the corn and peas were cooked
1½ teaspoons salt, or to taste
4 tablespoons butter or margarine
¼ teaspoon freshly ground black pepper

UTENSILS:

2 saucepans with lids (2-quart size or smaller)
3-quart mixing bowl
Blender
Large strainer

What to do:

Put the peas in one pan and the corn in the other. Add 1 cup water to each (but no salt) and cook, covered, for 3 to 5 minutes after they start to boil, or until tender. Do not overcook. Drain the liquid from the peas into a small bowl or a large measuring cup, using the strainer. Put the peas in the blender and add to them 4 tablespoons of the liquid they were cooked in. Blend until they are a smooth puree.

Drain the liquid from the corn into the same bowl or measuring cup. Add enough water to it to make 3 cups, and pour it into one of the saucepans. Heat to boiling, add the milk to it and heat a bit longer. Do not boil after the milk is added.

Put the potato flakes into the 3-quart bowl, add the salt to it and pour the 4 cups of liquid over it. Stir quickly and thoroughly to avoid lumps; beat until smooth.

Add the pureed peas to the potatoes and mix thoroughly. Stir in the kernels of corn and serve. If you find that when you are done mixing it, it is no longer warm enough to serve, put it in a baking dish, cover and heat in a 350°F. oven for 10 minutes, or until it is hot, or use a double boiler to heat it.

Note: If, by chance your mashed potato-peas mixture turns out too soft to mound well, mix in a little more dry potato flakes until it is stiff enough to make a nice volcano.

MCHICHA NA MAKARANGA
(Spinach with Peanuts)

Ground peanuts add a distinctive African flavor to leafy green vegetables. You might try collard greens instead of spinach in this recipe—or almost any variety of edible greens. This should be enough for about 4 servings.

What you need:

INGREDIENTS:

3 tablespoons butter or margarine
⅔ cup chopped onion
½ cup salted peanuts, ground in blender
1 (10-ounce) package frozen chopped spinach, thawed
¼ teaspoon salt, or to taste
2 tablespoons water (add during cooking, if necessary)
A few whole or half salted peanuts for garnish

UTENSILS:

2-quart saucepan

What to do:

Melt the butter in the pan and cook the onion until soft and golden. Add the ground peanuts and cook until the peanuts turn light brown. The onions will have changed color very little; they may be a shade deeper gold. Add the spinach and salt; mix well.

Cook a few minutes until the spinach is quite hot and cooked through. If it appears too dry as you are cooking it, add the 2 tablespoons water. Serve in a small bowl with a few peanuts sprinkled over the spinach.

WALI YA KIMANJANO
(Yellow Rice)

This particular combination of spices, in the absence of sugar, may seem unusual to many of us. According to Uhura, this rice dish is served as a side dish with a somewhat spicy chicken stew, or with

barbecued chicken. We tried it recently, along with a selection of other African dishes, at a party given for Dr. M'Benga. The guests were delighted with the array of savory foods. This recipe should provide 6 servings.

What you need:

INGREDIENTS:

- 2½ cups coconut milk, made from 1 whole fresh coconut (see directions below)
- 2 cups milk
- 2 cups raw rice
- ¼ teaspoon (scant) ground cardamom, or the seeds from 2 cardamom pods, ground in a mortar and pestle
- ¼ teaspoon cloves
- ¼ teaspoon cinnamon
- 1 teaspoon salt
- ½ teaspoon turmeric (to give it a yellow color)
- 2 tablespoons butter or margarine

UTENSILS:

- 2-quart saucepan with lid or a double boiler with the top half of similar size
- Drill, a nail or an ice pick, to puncture the "eyes" of the coconut
- Blender
- Large strainer
- Small bowl and a jar
- Hammer

What to do:

To get fresh coconut meat and juice, first clean the outside of the nut. As you get it in the store, the hull is already off, but the hard shell will have shreds of the hull hanging all over it. (I am assuming you bought a coconut with an unbroken shell, in which you could feel and hear plenty of juice sloshing about when you shook it.) Sometimes I use a wood rasp (or a very coarse file) to knock fibers off it before washing it in the sink.

When it is clean and dry, I knock the paper-thin shell off the three "eyes" and drill out two of them.

If you haven't a drill handy, a nail or an ice pick can do the job. Then drain the juice into a cup and set it aside. Hold the nut in your hand and hit it progressively harder with a hammer until it starts to come apart and break up. Then pull it open.

The main shell is about ⅛ inch thick and inside that is a paper-thin shell on the meat. If you are *very* lucky, the inner shell will stay with the outer one, but more likely you will have to peel it off the meat after you pry the meat out of the pieces of outer shell. (If one of your friends is a mechanic, or an engineer, or just plain persistent and came early, this is one kitchen job on which it is quite fair and proper to put her—or him—to work.)

TO MAKE COCONUT MILK:

After you have got all the meat out of the shell and pared the brown shell off it, cut it into small chunks and put it into the blender. Add the juice you drained from the nut. Run the blender until it is well shredded. You will probably have to stop and scrape down the sides and dig out the corners before it gets thoroughly shredded. Pour 1½ cups boiling water over the coconut and blend a few seconds. Let it stand about 5 minutes. Then pour part of it into a large strainer held over a small bowl. With the back of a soupspoon, press out as much of the liquid as you can. Dump the strainer onto a clean plate and press out the rest of the coconut.

Return the shredded coconut to the blender. Pour another cup of boiling water over it, and run the blender a few seconds and let stand again. Press it out as you did before, getting it as dry as possible. In the bowl you should have between 2½ and 3½ cups of "coconut milk," ready to use. You may discard, or eat the shredded coconut, as you please; it no longer has very much taste.

TO MAKE THE RICE:

Heat 2½ cups of coconut milk with the milk in the saucepan or double boiler top. Add the rice and

the spices and bring to a boil. If you use a saucepan, reduce the heat and simmer gently for about 30 minutes, or until the rice is tender and all the liquid is absorbed. If you use a double boiler, put the top half over boiling water in the bottom, keep the water boiling gently. Cook for about 45 minutes, or until the rice is tender and the liquid is absorbed. When the rice is done, stir in the butter and serve.

Note: If you have any of the rice left over, try sprinkling a bit of sugar on it and pouring milk, or a mixture of milk and coconut milk over it. It makes a delicate rice-pudding type dessert.

VIKAIMATI

(Banana Fritters)

Uhura's banana fritters are good snack food—they combine the virtues of cookies and doughnuts. They are easy to prepare, especially if you are making something else involving deep frying. They may also be served as a "vegetable" with the main course, or as a dessert, if you sprinkle them with sugar. This makes 2 to 3 dozen fritters.

What you need:

INGREDIENTS:

¼ cup milk
1 large egg
1½ cups plus 1 tablespoon cooking oil
¼ teaspoon salt
1 tablespoon sugar
1 teaspoon baking powder
½ cup flour
3 or 4 good-sized yellow-ripe bananas
Sugar to sprinkle on fritters

UTENSILS:

Blender and small bowl
1½-quart saucepan (5½ inches in diameter)
2 forks or a wire mesh spoon
Paper towels

What to do:

Put the milk, egg and 1 tablespoon oil in the blender first, then add the dry ingredients. Cover and blend for a few seconds, then stop to scrape down the sides. Blend again until you have a thick, smooth batter. Pour and scrape it out into the small bowl.

Heat the 1½ cups oil in the pan. Peel a banana, and slice it into ½-inch rounds. Put them into the batter and coat them well. With a spoon, drop them, one at a time, into the hot fat (375°F. or thereabout). Fry them until they are golden brown. Break one open, and see if the batter is thoroughly cooked. If it is not, lower the heat a bit so the fritters will be cooked through when the outsides are the proper shade of golden brown. Take them out of the fat with two forks or a wire mesh spoon and drain them on paper towels. Repeat until you have used all your batter—use more bananas if necessary. Sprinkle with confectioners' or granulated sugar, if you wish.

MIKATE MITAMU

(Sweet Rice Cakes)

These deep-fried rice cakes, which are still served in Africa today, were probably also the ancestors of the "Calas" hawked by black women in the streets of New Orleans centuries ago. Uhura's recipe makes about 40 golden brown cakes.

What you need:

INGREDIENTS:

1 cup raw rice
3 cups water
½ teaspoon salt
½ cup sweetened shredded coconut
½ teaspoon nutmeg
3 eggs, well beaten
3 teaspoons baking powder
1½ cups flour
2 cups cooking oil for deep frying
Confectioners' sugar (optional)

UTENSILS:

2-quart pot with lid for cooking the rice
3-quart mixing bowl
1½-quart saucepan (5½ inches in diameter)
Small bowl and an eggbeater
Slotted spoon or 2 forks
Paper towels

What to do:

In the 2-quart saucepan, cook the rice with the water and salt for about 30 minutes, or until the water is pretty well absorbed. The rice will be overcooked and a bit sticky. Put the rice into the mixing bowl and add the shredded coconut and the nutmeg. Beat the eggs in the small bowl, then add them to the rice mixture. Mix the baking powder and flour together and add it gradually to the rest of the ingredients, stirring well. You should have a thick batter, but it should not be stiff.

Drop by tablespoonfuls into the hot oil (about 375°F.). The batter will first sink to the bottom of the pan and then rise. Cook the cakes until they are golden brown on one side, then turn them over and cook them golden brown on the other side. Break one open to see that the inside is properly done when the outside is the color you want. If it is not, turn the heat down a little and fry another cake.

When they are done, take them out of the fat with a slotted spoon or 2 forks. Drain them on paper towels, and sprinkle with confectioners' sugar.

Note: In cooking the rice cakes, the whole batch will absorb less than half the oil. If you use a pan 5½ inches in diameter, or less, you will still have enough oil in the pan to deep fry the last ones of the batch. If you use a pan that is significantly larger in diameter, by the end of the batch you will have to add more oil, or wind up with a layer of oil too shallow to properly deep fry anything.

NURSE CHAPEL

This is the hardest chapter of all for me. What are my favorites? I would probably answer you with another question: When? I hadn't fully realized, until I started writing down my favorites, that my choices really depend on how I feel and a little on what I ate yesterday or even last week. I finally selected the things that I most like to serve. Out of my lot of "favorites," I have mostly chosen recipes that can easily be used for entertaining. Henri von Muralt's fondue is a lot of fun to serve when you have a few friends over, but it is not the best thing for great crowds of people at a big party. Sunday Supper Pancakes are in the same category; if you have a small group, you can make them at the table, or your friends can keep you company in the kitchen while you make enough for all. For a large group, they take up more time than you might want to spend during a party. The recipes for Ardana Aspic, Libran Marinated Mushrooms, Floating Island and Kaferian Apple Pie, on the other hand, are all four things that can easily be made ahead of time.

ARDANA ASPIC
(Chicken Salad Mold)

Ardana, when we first visited it, reminded me of the court of Marie Antoinette, a place of refined luxuries and terrible oppressions. Fortunately, we were able to help them avoid the impending disaster and establish a society from which all could benefit.

It was on our next visit there that I got this recipe for an elegant summer salad. This amount serves 4 to 8 people.

What you need:

INGREDIENTS:

1 (13¾-ounce) can ready-to-use chicken broth or 1¾ cups homemade chicken broth, salted to taste
2 envelopes unflavored gelatin (recently purchased)
½ teaspoon salt
2 tablespoons wine or cider vinegar
Dash of pepper
Dash of paprika
¼ cup mayonnaise
1½ cups diced cooked white chicken meat
½ cup finely chopped celery
¼ cup coarsely chopped pecans
2 tablespoons finely chopped parsley
2 tablespoons sweet relish
¼ cup drained crushed pineapple

UTENSILS:

Small saucepan
1-quart mold
Small bowl (1 quart or larger)

What to do:

Pour the chicken broth into the saucepan, stir in the gelatin and allow the gelatin to soften for about 5 minutes. Heat, stirring, until the gelatin is dissolved —neither the spoon nor the side of the pan will have any granules sticking to them and the liquid must not appear to be grainy. Add the salt, vinegar, pepper, paprika and mayonnaise stirring well. When it is thoroughly mixed, pour it into a small bowl. Chill until it is thickened but not set. Meanwhile, dice the cooked chicken, chop the celery, pecans and parsley. Add them, along with the relish and pineapple, to the diced chicken. When the gelatin mixture is thick, stir in the chicken and all the rest of the ingredients. Pour or spoon into a 1-quart mold. Chill until firm.

FONDUE NEUCHATELOISE

(Swiss Cheese Fondue)

This recipe comes from Starfleet's indomitable Swiss chef, Henri von Muralt. Our paths crossed at Starbase 16, where he was visiting his long-time friend, Commodore Hanspeter Haller, while on an inspection tour. We had just brought in a disabled ship out of an ion storm and were tired from the ordeal. Our assignment would take us by the next stop on his tour, so he became our passenger after some minor damage to the Enterprise was repaired at the base.

While he was on board, he prepared a fondue supper for us. He also described for us the traditional fondue etiquette. I'll give you a summary of what I remember after the "What to do" section below. This should be enough for 4 people.

What you need:

INGREDIENTS:

½ pound Gruyère cheese
½ pound Emmentaler cheese
2 tablespoons cornstarch
1 cup dry white wine*
1 clove garlic
2 tablespoons kirsch**
Nutmeg (a sprinkling, perhaps ⅛ teaspoon)
Freshly ground black pepper (a few grindings, perhaps ⅛ teaspoon)
Salt to taste (about ¼ teaspoon)
A loaf of French or Italian bread, with crisp crust (about a 14-ounce loaf)

UTENSILS:

Alcohol burner and stand, with fuel (or shellac thinner) grade alcohol
Ceramic fondue pot and fondue forks
3-quart mixing bowl
Grater

What to do:

Grate the cheeses into the mixing bowl. Add the cornstarch and gently mix it into the cheese, being careful to avoid packing the cheese into lumps. Put

the cheese into the fondue pot and measure out the wine. Chop the clove of garlic *very* finely, or put it through a garlic press, if you have one, and add it to the wine. Add the wine to the cheese.

Heat the cheese-wine mixture gently until the cheese melts. This may be done over the alcohol burner but is more quickly and easily done on top of the stove. Stir it constantly until it just begins to bubble. Do not let it really boil, though a few bubbles a minute are all right. It should be the consistency of a fairly thick pancake batter.

Stir in the kirsch and add the seasonings. Taste before you add the salt—some cheeses are saltier than others and you may not need any.

Light the alcohol burner and transfer the fondue pot to the stand over it. The flame should be large enough to almost keep the fondue boiling. Cut about half the loaf of bread into 1-inch thick slices and cut the slices into large bite-sized pieces, being sure that each piece has some crust with it. Put the bread cubes in a bowl, provide each person with a plate, fondue fork and a napkin and you are ready to eat. Cut up more bread as you need it. Stir the fondue occasionally while you are eating, so that it stays mixed and does not scorch.

Notes:

1) Emmentaler is what is called "Swiss cheese." A domestic Swiss cheese is quite appropriate—you needn't buy imported cheese.
2) Gruyère is similar to Emmentaler; it is a bit harder, with fewer and smaller holes. Process Gruyère, the little wedges wrapped in foil and packed in small round boxes, is not a substitute.
3) If you can't find Gruyère cheese, you may use all Emmentaler (Swiss cheese). I would recommend using 1¼ cups of wine per pound of cheese and 3 tablespoons cornstarch. Whether you use 2, 3, or 4 tablespoons of kirsch is up to you, a matter of taste.

*4) Neuchâtel wine is the traditional wine for this fondue, but it is hard to get and expensive. Any good California (or imported) dry Rhine, Moselle, Chablis, or sauterne is appropriate.

**5) If you do not have kirsch, try brandy or vodka. The results will not be quite the same, but the fondue will still be good. If you do not wish to use spirits, omit the kirsch and use a larger quantity of wine—1¼ cups. Also, increase the amount of cornstarch to 3 tablespoons. Follow the rest of the recipe as above.

6) For a more piquant fondue, use:
1¼ cups dry white wine
4 tablespoons kirsch
Quantities for the other ingredients and the procedure remains the same.

7) If you do not have a fondue pot, a Pyroceram (Corningware) casserole will do. Beware of putting Pyrex or other oven glassware on a direct flame or an electric burner. The same goes for a lot of other ovenware, especially the brown ceramic ware with the white drip glaze. Many such utensils will crack or break if used on a burner—perhaps not the first time, but eventually, and such a mess you can do without.

8) If you have not got a stand with an alcohol burner of the adjustable kind, a food warmer that uses a can of Sterno may be used. With such an arrangement, you will probably have to melt the cheese on the stove.

Fondue Etiquette:

When you spear a chunk of bread with your fork, poke the tines of the fork well into the crust so you don't lose your piece into the pot. The first person who loses a chunk of bread into the cheese is expected to bring the bottle of wine for the next fondue supper. When dipping your bread, try to keep from getting cheese on your fork. When you

eat the dipped bread, just pull it off the fork with your teeth. (Don't lick your fork!)

When you get down near the bottom of the pot, there will finally be just a little browned and crusted dip left—*"les croûtes"* —which is considered a delicacy. The guest of honor (if there is one) is given the privilege of eating this last morsel.

SUNDAY SUPPER PANCAKES

(Lemon-Cheese Pancakes)

My mother had a fixed idea that Sunday is a day of rest. She occasionally spent much of Saturday on the fixings for a fine Sunday noon dinner, but supper was always something quick, easy and good. These "Sunday Supper Pancakes" were definitely that sort of thing; we must have had them a dozen times a year, usually with a big basket of fruit on the table. Never to be confused with breakfast hotcakes, or camper's flapjacks, these are rich, and with fruit, they make a well balanced meal. This will give you 4 pancakes; enough to feed 4 people.

What you need:

INGREDIENTS:

1 cup flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
½ cup sugar (make it ¼ cup if you plan to serve them with syrup)
Grated rind and juice of 1 lemon*
3 large eggs
½ cup buttermilk
1 (15-ounce) container ricotta cheese
Confectioners' sugar to sprinkle on the pancakes
A little butter or margarine for frying the pancakes

* When grating lemon rind, take off all the colored part, but grate off as little as possible of the white inner rind. An average lemon will provide about 2 tablespoons of grated rind, and also about 2 tablespoons of juice. Do the grating first, then cut and squeeze the lemon.

UTENSILS:

3-quart mixing bowl
Blender
10-inch frypan, preferably one with a modern P.T.F.E. (Teflon) coating, a rounded profile and a lid to fit
Nylon spatula

What to do:

Combine the dry ingredients, including the grated lemon rind, in the mixing bowl. Put the lemon juice, eggs, buttermilk and ricotta in the blender. Run the blender for perhaps half a minute, until all is thoroughly mixed together.

Heat the frypan (I really would recommend a nonstick one for this job) and melt a small amount of butter in it. Now add the liquid to the dry ingredients and mix well. You should have a very thick, somewhat fluffy batter, which will not pour very well and which you will have to spread about in the pan.

Spoon out enough batter into the pan to cover it about ¼ inch deep, or a little deeper. Spread the batter about evenly, cover the pan and let the pancake cook for a few minutes. It is done on one side when the bottom is golden brown and the top part has mostly congealed and lost its shininess. With the nylon spatula loosen the pancake and slide it onto a dinner plate. Add a very small amount of butter to the pan and spread it around. Flip the pancake back into the pan, "raw" side down, to finish cooking.

When it is golden brown, slide it out onto a plate and dust with confectioners' sugar. Cut in quarters and serve. Repeat until all of the batter has been used.

Black raspberry or maple syrup goes very well with these cakes. As I mentioned above, you need only half the prescribed amount of sugar in the batter if you use syrup on them.

LIBRAN MARINATED MUSHROOMS

I once heard the story of a lady who, while at a famous restaurant, had a piece of chocolate cake which she considered very good. So, she asked the chef for the recipe. He gave it to her—and then sent her a whopping bill for 900 credits. She at first refused to pay but finally had to when he sued her and won.

Not long ago, I had some very good marinated mushrooms at an elegant hotel on Libra, and not wishing to have something similar happen, I did *not* ask for their recipe. Libran spices differ from ours, but I was able to come up with a reasonable approximation, which I am giving you here. By the way, the lady in question made out very well with her "boughten" recipe; she ended up selling many, many copies of it for 10 credits apiece and came out way ahead.

What you need:

INGREDIENTS:

1 pound fresh mushrooms, preferably small buttons
1 cup wine vinegar
¾ teaspoon salt
⅛ teaspoon freshly ground black pepper
¼ cup finely chopped onion
1 large or 2 small cloves garlic (finely chopped or thinly sliced)
½ teaspoon sugar
1 teaspoon dried oregano
2 to 4 tablespoons olive oil (enough to thoroughly coat the marinated mushrooms)

UTENSILS:

2-quart saucepan with lid
2 pint jars with good lids
Large strainer and a small bowl

What to do:

Wash and drain the mushrooms and pat them dry on a clean terry towel. If you cannot get the

small button mushrooms, use larger ones and cut them in halves or quarters, depending on how large they are. Trim off any blemishes and extra long stems, leaving about ¼ inch of stem on small buttons, or about ½ inch of stem on larger ones. (The pieces you cut off can be fried in butter and added to mushroom soup, or mixed in hamburger, etc.)

Put the vinegar, spices, onion, garlic and sugar in the pan, bring to a boil and simmer, covered, for about 5 minutes. Add the prepared mushrooms to this mixture, bring it back to a boil quickly and simmer for another 3 to 5 minutes. Set the strainer over the bowl. Pour the contents of the pan into the strainer. Carefully spoon the contents of the strainer into a jar. Pour over them 2 tablespoons of the olive oil, close the jar and shake gently to coat them with the oil. If there seems to be too little oil, add a bit more (no more than 4 tablespoons total) and shake again. Chill well before serving. Pour the vinegar mixture into the other jar; it may be used for another batch with the addition of small amounts of each of the spices. Store in refrigerator until needed (up to a week).

FLOATING ISLAND

(Custard with Meringue)

This is the recipe we traded for the "Argelian Delight." There are lots of possible variations: You can add cut-up fruit or berries to the custard part; you can flavor it in different ways, lemon, or chocolate or rum (eggnog flavor); or you can even lightly flavor the meringue part. Then, too, the texture of the custard can be varied slightly, depending on how you stir or beat it while it is cooking. With all the variations, it still remains a light, frothy, delicately flavored dessert. This should serve 8.

What you need:

INGREDIENTS:

6 eggs
¼ teaspoon salt
¾ cup plus 2 tablespoons sugar
1 tablespoon cornstarch
3 cups milk
1½ teaspoons vanilla

UTENSILS:

2-quart saucepan
Eggbeater (hand or electric)
Wire whisk
Pancake turner
Plate and clean paper towels
3-quart mixing bowl

What to do:

Separate* the eggs, putting the yolks in the saucepan and the whites in the mixing bowl. Add the salt, ¼ cup plus 2 tablespoons of the sugar and the cornstarch to the egg yolks. Beat it all together smoothly and thoroughly. When it is mixed, add the milk and beat it all together with a whisk to mix evenly.

Put it on medium heat and cook, stirring constantly, until it is nearly boiling. A few bubbles coming to the surface are all right, but don't let it really boil. If you want a smooth, rather thin custard, do your stirring with a spoon. If you want a thick, frothy custard, beat it constantly with a whisk. Spin the handle of the whisk between the palms of your hands in the same way you might make a rope of clay. This will turn the whisk rapidly and beat air into the custard.

When the custard is cooked, stir in the vanilla.

* See page 75.

Pour into a large shallow bowl or into about 8 smaller bowls. Set the custard aside and let it cool.

Wash out the saucepan. Put in about 2 inches of water, bring to a boil and keep very gently simmering. Beat the egg whites until they just begin to hold some shape. Sprinkle on part of the remaining ½ cup sugar, perhaps a third or half of it, and beat until it holds shape a little better. Add the rest of the sugar and beat until stiff and glossy. The meringue will not quite be stiff enough to hold peaks straight up—peaks will tend to flop over.

With a soupspoon or a serving spoon drop mounds of beaten egg white very gently into the simmering water. After a minute or a minute and a half, carefully turn the "islands" over and cook the other side for another minute or so. Spread paper towels on a large plate and carefully transfer the islands from the water to the plate with a pancake turner. Allow them to cool on the paper towels—they will not stick. Repeat until you have made islands out of all the egg white.

It is usually practical to make about 3 islands at a time. If you want to make fewer, larger islands, use a larger pot with a lid, such as a spaghetti pot (about 12-quart size) or even an electric frypan with a high domed lid. Put about an inch or so of water in the pot and bring to a boil. Turn down the heat so it just simmers. Then spoon in the egg white to make larger islands, cover the pot and cook for about a minute and a half. These you can remove without having to turn them over. It is also possible to make taller islands this way.

Arrange the islands on the custard sea, cover and refrigerate. I leave it to your ingenuity to arrange a cover that will not touch the islands. A carefully folded foil dome can be made, or you may have among your kitchen equipment something that will work adequately with less trouble. Serve cold.

KAFERIAN APPLE PIE

Apple pie has long been one of my favorite desserts. After joining the crew of the Enterprise, I got the chance to try my grandmother's old recipe with Kaferian apples. Now I use them whenever I can get them, and when I can't, I substitute very fresh apples or tart winter apples.

What you need:

INGREDIENTS:

Pastry for a 9-inch pie pan (see page XX)
¾ cup sugar (half white, half light brown)
½ cup flour
¼ teaspoon salt
3 tablespoons buttter or margarine
7 or 8 medium-sized apples
¼ cup milk
1 large egg

UTENSILS:

Small bowl
Eggbeater or whisk
9-inch pie pan
Rolling pin and waxed paper

What to do:

Prepare piecrust according to the directions, roll it out, line the pan and make a fluted edge on the crust. In the bowl, mix together the sugar, flour, salt and butter with a fork until it looks like coarse crumbs. Take about one-third of the crumbs and sprinkle them over the bottom of the piecrust. Peel and core the apples. Cut them into medium-sized chunks, ½ inch to ¾ inch in size. Fill the pie pan with the chunks. It should be overfull and piled high all over, though not so much so that chunks spill out. Gently sprinkle the remaining two-thirds of the crumbs over the apple chunks. Wipe out the bowl and beat the milk and egg together in it; then pour

the mixture as evenly as possible over the crumbs and apples. Bake at 425°F. at 15 minutes and then at 350° for another 35 minutes, or until done. The pie may be served with whipped cream.

APPENDIX

After having arranged for the publication of Nurse Chapel's collection of recipes, I felt that it would only be fair to include a small collection of the favorite recipes of the creator of, and the actors who were in, the series which has given so much enjoyment to so many people.

Gene and Majel Roddenberry:

LIMA BEANS AND HAM

Gene Roddenberry was still abroad, involved with "Spectre," when my request for a recipe reached his office. Susan Sackett, his assistant, sent this, with the comment that she had originally gotten it for the *STAR TREKTENNIAL NEWS*.*

* The interview went as follows:

Question: "What is Gene's favorite dish and what is the recipe?" Majel's answer: "It's lima beans and ham—one his mother used to fix. There's no recipe involved. It's one of the things I can cook without a recipe. You put one bag (1-pound) of lima beans in and cook them all day until soggy—he likes it with a lot of juice on it. I cook the ham separately (about 2½ pounds of ham), and once the ham is all falling apart you put the ham in with the lima beans. Meantime you've already cut up a whole bunch of celery, chopped it up and put it in with the lima beans, and 2 onions to a pound of lima beans. It stretches out for a long, long time. Grate some cheddar cheese. To serve, put that (the cheese) in the bowl first, some plain cooked rice on top of that, and the lima beans and ham on top of that. We put some Trappey's hot (tabasco pepper) sauce on it. And that's really his favorite dish!"

What you need:

INGREDIENTS:

1 pound dried lima beans
2½ pounds of ham (approximately)
1 bunch celery, chopped
2 large onions, chopped
Sharp cheddar cheese (about ¾ pound)
3 cups raw long-grain rice
Water

UTENSILS:

4-quart pot with lid
2-quart saucepan with lid
Grater

What to do:

Put the lima beans in the pot with about 5 cups of water; bring to a boil and turn down the heat until the beans are just simmering. Total cooking time for the beans is about 5 hours; during that time you will probably have to add another cup or 2 of water to keep the beans from getting too dry—they take up a lot of water.

After the beans start to cook, put the ham on to cook in the saucepan, with about 2 or 3 cups of water. A small boneless picnic ham, cut into chunks, can be used. The ham should cook about 3½ hours, or a bit more, before being added to the beans. After the beans have cooked about 4 hours, it is time to add the ham to them. Also add the celery and onion. A little of the liquid the ham was cooked in may be added to salt the beans, but go easy with it to avoid oversalting.

About half an hour before serving time, put the rice on to cook, with 6 cups of water and 1½ teaspoons of salt. Cook until all the water is absorbed and the rice is tender. To serve, grate some cheddar cheese into a bowl, put some cooked rice on top of that, and the ham and beans over that. It is easiest to serve in individual bowls.

William Shatner:
(CAPTAIN KIRK)

GREEN NOODLE CASSEROLE

Well, what did you expect? Kumquat Soufflé or Frogs' Legs Flambés? This is a really good noodle casserole with several possible variations; best of all, it is an easy, sure way to make a good dinner.

What you need:

INGREDIENTS:

1 cup ricotta cheese
1 cup yogurt (plain unsweetened variety)
¼ cup melted butter
1 egg, lightly beaten
½ teaspoon nutmeg
⅓ cup freshly grated Parmesan cheese
8 ounces spinach noodles
Optional: ½ cup sliced green onions, *or* 1 (6 to 7-ounce) can of tuna, *or* ½ cup slivered almonds (a 3-ounce package)

UTENSILS:

4-quart pot with lid, for cooking the noodles
3-quart mixing bowl
2- or 2½-quart baking dish with cover

What to do:

Preheat your oven to 300°F. Put the pot on to boil, with 2 quarts water and 4 teaspoons salt. Mix all the ingredients except the noodles and the optional ones. When the water is boiling, add the noodles, stir to separate, and cook them until they are "al dente"—cooked through, but not as soft as noodles are usually served. Drain in a colander. Add noodles and any optional ingredients to the cheese mixture in the bowl and toss (mix gently). Turn into a buttered casserole (baking dish) and warm until heated through. (This may take 20 to 30 minutes in a 300°F. oven.)

Leonard Nimoy:
(MR. SPOCK)

POTATOES LA JOLLA CHEZ JAY

Each of Mr. Nimoy's various agents recognized that a request for a recipe was not really in his bailiwick, and all other correspondence went directly to his fan club whose only response was to send a form letter invitation to join the club. So much for the more direct ways of reaching him—what to do next with a publisher's deadline approaching?

I got to talking with my brother-in-law in California, a balloon pilot and manufacturer. As it turns out, one of his friends is Jay Fiondella, proprietor of the Santa Monica restaurant Chez Jay. Jay is also a friend of the Nimoys, and got permission to give us this recipe for a dish that Leonard especially enjoys when visiting Chez Jay. This makes 6 servings.

What you need:

INGREDIENTS:

½ medium onion
6 tablespoons butter
4 cold baked potatoes
3 bananas
2 tablespoons melted chicken fat (or butter)
Light cream
2 teaspoons meat extract
½ teaspoon salt
Grated Parmesan cheese
Paprika

UTENSILS:

4-quart pot with lid
Baking dish, about 13 x 9 x 2 inches, or deeper

What to do:

Chop the onion, peel and cut the potatoes into ½-inch cubes, peel and slice the bananas. Melt the

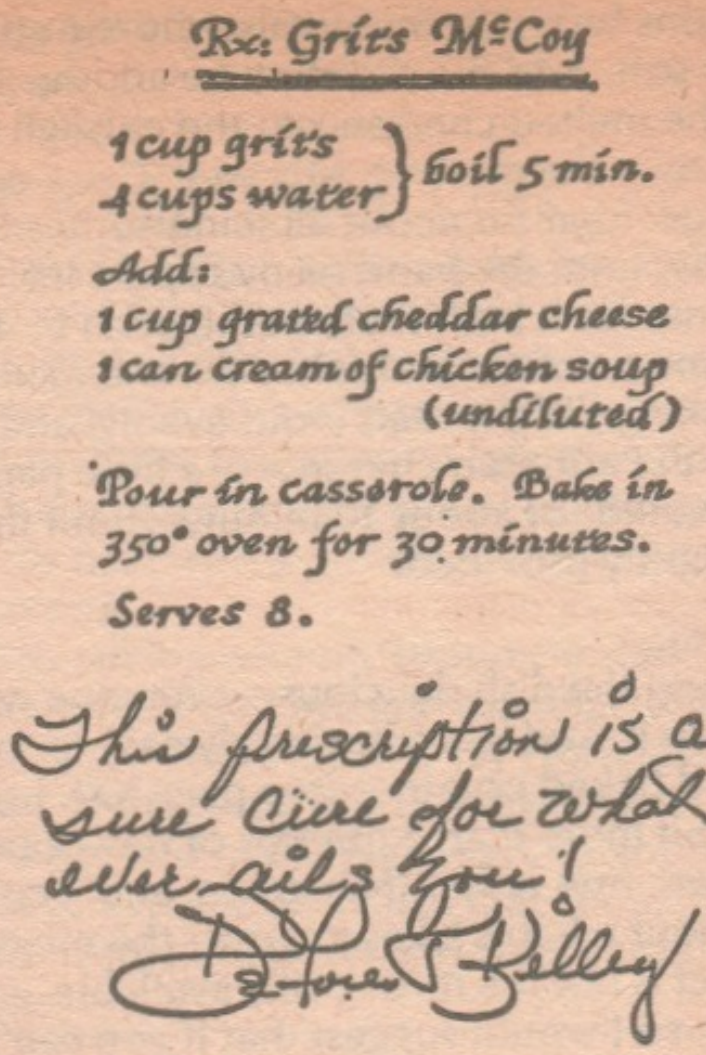
6 tablespoons butter in the pot and fry the onion in it until it is soft. Add the diced potatoes, the sliced bananas, the melted chicken fat, and enough light cream to cover the mixture. Mix well. Cook covered over very low heat for about 45 minutes, stirring occasionally, until the bananas disappear into the sauce. Do not let it boil. Preheat the oven to 400°F. Stir in the meat extract and salt. Pour the mixture into the baking dish, spread it out evenly, and sprinkle with Parmesan cheese and a little paprika. Bake uncovered for about 10 minutes, until the cheese is lightly browned.

Editor's note:

We found the dish delicious—everyone who has tasted it likes it, and it is surprisingly easy to make. For the cold baked potatoes (see page XX), I started out with a bit more than 2 pounds of raw potatoes. Bananas were ripe rather than green, and 1 cup of cream is about what it takes to cover the mixture. Meat extract is not the most easily available condiment, so I would suggest that if you can't find any, try using instead 2 good quality bouillon cubes dissolved in 2 teaspoons of boiling water. When you stir, do it gently so you don't break up the potato pieces.

De Forest Kelley:
(DR. McCOY)

I had heard from a friend that De Forest Kelley's personal recipe would come in Mrs. Kelley's own calligraphic hand. I was still surprised when I opened a beautifully addressed envelope and found this recipe inside. I've framed the original, and I give you each a copy, and—Oh yes—it does taste as good as it looks.



James Doohan:
(SCOTTY)

CHICKEN LASAGNA OR WHITE LASAGNA

He had just come back from a long trip, and going through what must have been a mountain of mail, found the request for a recipe, and called. It was fun hearing from him. He had gone over the list of Scotty's dishes and picked out four that he also likes: Scots Broth, Tomato and Sybo Salad, Cranachan, and Dundee Cake. The following recipe for chicken lasagna is one of his own favorites. He likes to use all the good parts of the chicken, including the heart, gizzard, and liver. (These giblets

not only have more flavor, but also more nutrition than the plain white meat.) Often he adds a cup of finely chopped green peppers to the chicken sauce part of this lasagna.

A bit of general advice on spicing comes from him, too: For this sauce and many comparable ones, a little curry (just enough to be quite unrecognizable) can give a fantastic taste. This should serve 6.

What you need:

INGREDIENTS:

½ cup butter or margarine
½ cup flour
½ teaspoon salt
½ teaspoon oregano
3 cups chicken broth
2½ cups diced cooked chicken
2 cups creamed cottage cheese
1 egg
½ pound lasagna noodles, cooked and drained
1 (10-ounce) package frozen chopped spinach or broccoli, thawed
¼ pound mozzarella cheese, cut into very thin strips
¼ cup grated Parmesan cheese

UTENSILS:

4-quart pot with lid, for cooking the chicken
2-quart saucepan
Small bowl
Lasagna pan or baking dish, approximately 13 x 9 x 2 inches

What to do:

Put about 2½ pounds of chicken pieces, or a whole 3-pound chicken in the pot with 3½ cups of water and 1½ teaspoons of salt. Cover, bring to a boil, and simmer until tender, perhaps 40 minutes to an hour. Cool, remove the chicken from the broth, take the meat off the bones and dice it. Save the broth.

In a smaller pan, melt the butter and blend in the flour, salt, and oregano. Stir in the chicken broth and

cook, stirring, until it is thickened and boiling. Remove from heat and add the diced chicken. In a small bowl beat the egg. Add the cottage cheese, mashing it to make a spreadable mixture. Lightly grease the baking pan. Place one-third of the chicken mixture in the bottom of the pan, top with one-half of the noodles, one-half of the cottage cheese mix, one-half of the spinach and one-half of the mozzarella. Repeat, ending with the last one-third of the chicken mixture. Sprinkle the grated Parmesan on top. Bake at 375°F. for 45 minutes.

George Takei:
(SULU)

DRUNKEN SEAFOOD

As you prepare it, remember: It's the seafood, not the cook, that should be steeped in wine. This amount serves 2.

What you need:

INGREDIENTS:

2 chicken breasts (halves)
2 tablespoons butter
1 cup small shelled langostinos
1/4 pound calamari (1 to 3 squid, depending on size)
1/4 pound fresh tuna, cut in two pieces
1 pound crabs' legs (weight includes meat and shells)
3 to 4 green onions
6 large mushroom caps
3/4 cup Chablis

UTENSILS:

A saucepan with lid, about 2-quart size (pick a nice looking one since you will be serving from it at the table)

What to do:

Put the chicken breasts in the pan, add water to a depth of about an inch and bring to a boil. Turn down the heat and simmer for about 10 minutes, or

a bit more. Take the chicken from the pan, and remove the meat from the bones, discarding the bones and skin. Pour off (and save if you like) most of the chicken broth, keeping just enough in the pan to cook the seafood in. Add the butter, langostinos, calamari* (squid), tuna and the shelled crabs' legs. Cook the seafood and chicken together for about 5 minutes or so, or until the seafood is cooked through. Cut the green onion tops into 2- or 3-inch lengths, and add them, with the washed mushroom caps, to the seafood. Cook a few minutes longer, then add the wine. Heat through, but do not boil. Serve the Drunken Seafood right from the pot. Saffron rice goes well with this dish.

Walter Koenig:
(CHEKOV)

PIROSHKI

Funny thing about Piroshki—Chekov likes them, too.

What you need:

INGREDIENTS:

2 tablespoons diced onion
1 tablespoon butter
½ pound or 1 cup ground beef
2 tablespoons sour cream
Seasoned salt
Garlic salt
1 (8-ounce) tube Pillsbury refrigerated crescent roll pastry
A little flour
1 egg yolk

* The squid are cleaned before adding: To do this, rinse the beast in cold water, cut off the tentacles and reserve them. Take the head and siphon in one hand, and the body in the other, and pull off the head. Get the entrails out of the body sac, then pull the clear cartilage stiffener out of the body sac. Add the tentacles and the body sac to the pan. Discard the head and entrails.

UTENSILS:

Small frypan or saucepan for browning the onion
Cookie sheet
Rolling pin
Pastry brush

What to do:

Brown onion in butter. Take pan from stove, and add the beef, sour cream and seasonings. Open the pastry tube; you will probably find two rolls of dough, each perforated to make four triangles. Spread a roll out on a lightly floured surface, press together the perforations, and roll out to make it a little wider. Cut it into 8 to 10 squares. Divide half the filling into 8 or 10 portions. Put a portion of filling on a square of dough and fold diagonally to make a triangle. Press the edges together to seal. Repeat until you have used all the filling and dough (Come out even!). You will have a total of 16 or 20 piroshki. Cut a slit in the top of each one. Beat the egg yolk with 2 tablespoons of water and brush over the pastry. Place piroshki on a cookie sheet and bake in a 400°F. oven for 12 minutes, or until browned.

Nichelle Nichols:
(LIEUTENANT UHURA)

SALAD SURPRISE

Nichelle is a vegetarian who prefers fresh vegetables to cooked ones. Salad Surprise is a delightful main dish salad with all the trimmings—a veritable feast. It is the sort of thing that varies a bit with the seasons, and with the vegetables available, but most of all, its content depends on the taste and temperament of the person preparing it. There are so many different things going into it that you don't need a whole lot of any of them.

What you need:

INGREDIENTS:

The Salad:

- Romaine and butter lettuce (but not iceberg)
- Fresh spinach (optional)
- Alfalfa sprouts (optional)
- Red or white onions, thinly sliced
- Cucumbers, thinly sliced
- Radishes, thinly sliced
- Avocados, sliced lengthwise
- Asparagus tips, chopped or diced
- Cauliflower, diced or chopped
- Broccoli tips, diced or chopped
- Tomatoes, diced or chopped
- Fresh mushrooms, thinly sliced
- Seasonings to taste:
  - Lawry's garlic salt
  - Sea salt
  - Freshly ground black pepper
  - Ground thyme
  - Ground rosemary
  - Lawry's salad spices
- Salad dressing: Lawry's Italian with Cheese
- Olive oil
- Crushed, squeezed garlic
- Garlic and plain croutons
- Crumbled blue cheese
- Dry roasted sunflower seeds

UTENSILS:

- Large wooden salad bowl (raw wood, not lacquered or varnished)
- Large platter
- Variety of bowls and serving dishes, for dip, croutons, pickles, etc.
- Wooden salad set (fork and spoon, or two spoons)
- Garlic press
- Tightly covered container, or plastic bags with ties, to chill lettuce, etc.

What to do:

First, oil the wooden bowl with olive oil and the squeezed garlic. Let it stand while you prepare the

vegetables. Wash, drain and dry the lettuces on paper towels (and if you are including them, also the spinach and the alfalfa sprouts). Return the washed and dried greens to the refrigerator in a tightly covered container, or in a closed plastic bag. They should be cold. Wash, drain and dry the cucumbers, radishes, scallions, tomatoes, broccoli, cauliflower, mushrooms and asparagus tips. Use only the tips or buds of the broccoli, cauliflower and asparagus. (The stems can be cooked and served at another time.) Chop or dice these last three. Peel the cucumbers only if they are waxed. Otherwise, score them with a fork and slice them crosswise. Slice the radishes, mushrooms and scallions; chop the tomatoes. Peel and slice the avocados lengthwise.

Get the lettuce out of the refrigerator, tear into large pieces, and roll it in the oil in the bowl. Add the rest of the vegetables, except the radishes and avocados; they go on last. Season to taste with the spices mentioned above. Cover and chill the vegetables until you are ready to serve them. When you are ready to serve, add the sunflower seeds and the salad dressing to the vegetables. Mix (toss) very gently with the wooden utensils. Crumble blue cheese (as much as you like) and put it in the center of the bowl. Do not mix it in. Arrange the radish and avocado slices around the edge of the bowl. Serve with separate bowls of croutons (or you may sprinkle them on top if you prefer).

The Trimmings. With this salad go the following side dishes or trimmings:

1) A separate, large platter of extra avocado slices, radishes, thickly sliced cauliflower, sliced onions, whole scallions, sliced tomatoes and other fresh vegetables that you might have. These are for dunking in the following dip:
2) The Dip: a pint of plain yogurt or sour cream with vinegar to taste (a couple of tablespoonfuls)

and enough crumbled blue or Roquefort cheese to make it the desired consistency.

3) Fresh peppers: cherry peppers (little round red ones—some hot, some sweet) and long green or yellow wax peppers.
4) Cherry tomatoes.
5) Pickles: All kinds; kosher dills, sweet ones, etc.
6) A wooden cheese board with a variety of natural cheeses (not processed ones)
7) A large wicker basket lined with a cloth, full of freshly baked whole wheat and rye bread, as well as French or Italian bread.
8) And last, but not least; serve it all with chilled white wine and/or champagne.

ACKNOWLEDGMENTS

To all the people who have helped in one way and another with this cookbook, I extend my sincere thanks for their many-sided contributions. I would especially like to thank Gene Roddenberry and all the actors who have so graciously contributed a personal recipe to this book. My thanks go also to Bill Hickey, Nancy Hoy, Shirley Maiewski, Dick Preston, Susan Sackett and Joan Winston, who provided much needed contacts, introductions and encouragement. To Laurie Chapin, Delcie Esser, Michelle Malkin, Joyce Russell, Ellen and Jack Solensky and Sydny Weinberg go my special thanks for their varied contributions in the way of technical details (How do you tell what color Plomeek Soup is when you have black and white TV?), recipes, fortunes, taste-testing and good neighborly moral support. My family I thank most of all for their patient help and suggestions—and also for eating their way through the recipes that didn't get into this book.

INDEX

apple
  omelet, 88–89
  pie, 181–82
apricot pudding, 153–54

bacon with green beans, 101–2
banana
  fried, 23–24
  fritters, 167–68
beans
  green, with bacon, 101–2
  kidney, with rice, 100–1
  lima, with ham, 183–84
beef
  curried with pineapple, 158–59
  curried with rice, 128–30
  with onion sauce, 157–58
  pie, 148–51
  steak, 63–64
  stroganov, 144–45
  and veal goulash, 61–63
beef, ground
  in cabbage rolls, 141–43
  in pastry, 191–92
beet soup (borscht), 140–41
berries and cream, 119–20
beverages. *See* brandy; tea
brandy, 122–23
bread
  braided egg, 86–88
  carrot loaf, 90–91
  cornmeal-rye, 7–9
  corn, soft, 103–5
  gingerbread, 58–59
  onion, 147–48
  pudding, 14–16
  pumpkin, steamed, 68–69

bread (cont.)
raisin-walnut, 38–40
steamed, 55–57
strawberry toast, 24–25
butterscotch-cheese pie, 9–11

cabbage
and potato casserole, 116–17
rolls, 141–43
salad, 54–55
cake
carrot, 27–30
chocolate, 73–77
fruit, 120–22
hazelnut, 133–36
peach upside down, 106–107
raspberry shortcake, 71–72
rice, sweet, 168–69
carrot
cake, 27–30
loaf, 90–91
casserole
green noodle, 185
potato and cabbage, 116–17
cheese
-butterscotch pie, 9–11
fennel au gratin, 85–86
-lemon pancakes, 175–76
and potatoes, 83–84
with rice and mushrooms, 4–5
-spinach loaf in pastry shell, 80–83
swiss, fondue, 172–75
-walnut spread, 70–71
chicken
Chinese walnut, 127–28
in curried rice, 128–31
fried, 5–6,97–98
Georgia pie, 94–97
lasagna, 188–90
lemon, 126–27
livers, chopped, 2–3
-noodle soup, 124–26
pilaf, 145–46
salad mold, 170–71
sandwich, 66–68
stewed, 109–10
spicy, with rice, 98–99
with rice in tomato sauce, 161–62
with seafood, 190–91
chutney, apple-pineapple, 160
coleslaw, 67–68
cookies
fortune, 136–39
shortbread, 118–19
spice, 42–43
corn
bread, soft, 103–5
pudding, 65–66
cornmeal-rye bread, 7–9
cream
gravy, 97–98
whipped, 59
whipped frosting, 72–77
curry dishes
beef with pineapple, 158–59
rice, 128–31
vegetarian, 21–22
custard
fruit pie, 25–27, 91–93
with meringue, 178–80

desserts. *See* bread; cake; cookies; custard; fruit; pie; pudding; torte

egg(s)
apple omelet, 88–89
bread, 86–88
fennel au gratin, 85–86
fish and chicken, 190–91
See also seafood
fondue, swiss cheese, 172–175
fortune cookies, 136–39
fritters, banana, 167–68
frosting, whipped cream, 73–77
fruit
apple-pineapple chutney, 160
berries and cream, 119–120
cake, 120–22
-custard pie, 25–27, 91–93
pudding, 153–54
stewed with meat, 36
Sea also individual fruits

goulash
pork and sauerkraut, 51–52
veal, 61–63
gravy, cream, 97–98
grits, 188

ham. *See* pork

lamb roast and lentils, 34–35
lamps, tangerine, 45–46
lasagna, white (chicken), 188–90
legume salad, 37–38
lemon
-bread pudding, 14–16
-cheese pancakes, 175–76
chicken, 126–27
lentil(s)
and lamb, 34–35
soup, 33–34
liver
chicken, chopped, 2–3
sheep, with oatmeal, 113–15

mincemeat pie, 12–14
mushrooms
marinated, 177–78
pickled, 132–33
pie, 148–51
with rice and cheese, 4–5
and snow peas, 131–32

noodle
-chicken soup, 124–26
green, casserole, 185
nut-orange torte, 151–52
See also individual nuts

oatmeal and sheep's liver pudding, 113–15
omelet, apple, 88–89
onion
bread, 147–48
green, and tomato salad, 117–18
pie, 52–53
orange
-mint tea, 30–31
-nut torte, 151–52
-vegetable soup, 79–80

pancakes, lemon-cheese, 175–76

pastry filled with beef, 191–92
pea soup and pig's feet, 49–50
peach upside down cake, 106–7
peas, snow and mushrooms, 131–32
pecan pie, 105–6
pie
  apple, 181–82
  beef, 148–51
  butterscotch-cheese, 9–11
  cheese-spinach, 80–83
  chicken, 94–97
  crust, 27
  custard-fruit, 25–26, 91–93
  mincemeat, 12–14
  mushroom, 148–51
  onion, 52–53
  pecan, 105–6
pilaf, chicken, 145–46
pineapple with curried beef, 158–59
piroshki, 191–92
pork
  goulash with sauerkraut, 51–52
  ham and lima beans, 183–84
  pig's feet and pea soup, 49
potato(es)
  baked stuffed, 64–65
  and cabbage casserole, 116–17
  and cheese, 83–84
  with corn and peas, 162–163
  and mashed turnips, 115
  salad, 53–54
  yam soup, 155
pudding
  apricot, 153–54
  baked rice, 40–41
  corn, 65–66
  fruit, 153–54
  lemon bread, 14–16
  raspberry, 153–54
  rhubarb, 153–54
pumpkin bread, 68–70

raisin-walnut bread, 38–40
raspberry
  pudding, 153–54
  shortcake, 71–72
rhubarb pudding, 153–54
rice
  accompaniments, 22–23
  with cheese and mushrooms, 4–5
  with chicken in tomato sauce, 161–62
  cooked, 22
  curried, 128–30
  with curried beef, 159–160
  pilaf, 102–3
  pudding, baked, 41
  and red beans, 100–1
  with spicy chicken, 98–99
  sweet cakes, 168–69
  yellow, 164–67
rye-cornmeal bread, 7–9

salad
  cabbage, 54–55
  chicken, molded, 170–71
  coleslaw, 67–68
  cracked wheat and vegetable, 84–85
  legume, 37–38
  potato, 53–54
  surprise, 192–95

tomato and green onion, 117–18
sandwich, chicken, 66–68
sauerkraut and pork goulash, 51–52
seafood and chicken, 190–191
See also shrimp
sheep
liver pudding and oatmeal, 113–15
stuffed paunch, 110–13
shrimp and curried rice, 129–31
soup
borscht, 141
chicken-noodle, 124–26
cream of spinach, 20–21
lentil, 33–34
orange-vegetable, 79–80
pea, with pig's feet, 49–50
Scot's broth, 108–9
yam, 155–57
spice cookies, 42–43
spinach
-cheese loaf, 80–83
cream soup, 20–21
with peanuts, 164
spread, walnut-cheese, 70–71
stew
chicken, 109–10
kidney bean with rice, 100–1
meat and fruit, 36
strawberry toast, 24–25

tangerine lamps, 44–45
tea, orange-mint, 30–31
tomato and green onion salad, 117–18
torte, orange-nut, 151–52
turnips, mashed and potatoes, 115

veal and beef goulash, 61–63
vegetable(s)
cooked mixed, 146–47
corn-pea-potato mix, 162–63
-orange soup, 79–80
salad and cracked wheat, 84–85
See also individual vegetables
vegetarian dishes
curry, 21–22
salad, 192-93

walnut
-cheese spread, 70–71
-raisin bread, 38–40
wheat, cracked and vegetable salad, 84–85

yam soup, 155–57

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